



Introduction to Mindfulness Webinar

There is a growing body of evidence to support the application of mindfulness in the workplace. Some of the benefits include improved memory and concentration; calmer decision making; increased clarity of thought; deeper expression of compassion and empathy towards colleagues.

This webinar aims to provide participants with an understanding of the basic concept and underpinning principles of mindfulness, summarises the benefits of incorporating mindfulness practice into daily life, and takes you through some simple mindfulness strategies to apply in the workplace, daily.

Webinar Outline

- Mindfulness vs meditation what is it ?
- Benefits of mindfulness in the workplace
- Simple mindfulness strategies
- How to access further support

Duration

- 30 minutes

For more information

For enquiries please call the Relationship Management Team on **1800 818 728** or email info@accesseap.com.au

