



## *An Introduction to Mindfulness*

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 session 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 practical mindfulness exercises to apply at home and at work, daily.

AccessEAP recommend a maximum of 15 participants per session.

### Session Outline

- What do we mean by mindfulness?
- Understanding the stress vs relaxation circuit
- Key elements and principles of mindfulness
- The benefits of mindfulness at work
- Practical mindfulness exercises and tips
- How to access further support

### Where

- Onsite at your organisation

### Duration

- 1 hour

### For more information

For enquiries please call the **Relationship Management Team** on **1800 818 728** or email [info@accesseap.com.au](mailto:info@accesseap.com.au)

