

Improving Mindfulness

Improving mindfulness is about understanding yourself and being “in the moment”. Your participants will become more mindful of their actions and learn how to express and interpret their present environment. They will create positive connections and increase their self-regulation of attention and personal experiences.

Improving Mindfulness will provide benefits throughout their professional and personal lives. Improving mindfulness through gratitude, filtering, and active listening will give your participants the advantage of seeing things in a new light. This workshop has the ability to give your participants an increased recognition of mental events in the present moment which provides countless benefits.



Course Outline:

Module One: Getting Started

- Housekeeping Items
- Pre-Assignment Review
- Workshop Objectives
- The Parking Lot
- Action Plan

Module Two: What is Mindfulness?

- Buddhist Concept
- Bare Attention
- Memory
- Psychological Concept
- Case Study
- Module Two: Review Questions

Module Three: Practicing Mindfulness

- Mindfulness Meditation
- Attention
- Acceptance
- Scanning
- Case Study
- Module Three: Review Questions

Module Four: Emotional IQ

- Purpose of Emotions
- Performance Emotions
- Swing Emotions
- Blue emotions
- Case Study
- Module Four: Review Questions

Module Five: Cognitive Distortion I

- Dichotomous Reasoning
- Magnification and Minimization
- Filtering (Including Disqualifying)
- Jumping to Conclusions
- Case Study
- Module Five: Review Questions

Module Six: Cognitive Distortion II

- Destructive Labelling
- Personalizing
- Blaming
- The Tyranny of the Should
- Case Study
- Module Six: Review Questions

Module Seven: Mindfulness Based Cognitive Therapy

- Mental Modes
- Doing Mode
- Being Mode
- Metacognitive Awareness
- Case Study
- Module Seven: Review Questions

Module Eight: Mindfulness and Gratitude

- What is Gratitude?
- Gratitude Journal
- Gratitude Exercise
- How to Form a Habit
- Case Study
- Module Eight: Review Questions

Module Nine: Cultivating High Performance Emotions

- Emotion-Cognition-Behavior Triangle
- Cultivating Enthusiasm
- Cultivating Confidence
- Cultivating Tenacity
- Case Study
- Module Nine: Review Questions

Module Ten: Mindfulness and Customer Service

- Individually Focused
- Active Listening
- Building a Rapport
- Timing
- Case Study
- Module Ten: Review Questions

Module Eleven: Mindfulness and Leadership

- Mental Resilience
- Focus
- Compassion
- Creativity
- Case Study
- Module Eleven: Review Questions

Module Twelve: Wrapping Up

- Words From The Wise
- Review Of The Parking Lot
- Lessons Learned
- Recommended Reading
- Completion Of Action Plans And Evaluations