

Mindfulness Programme 2017

Pilot Program Format:

- Eight weekly 60 minute meetings, then two sessions three weeks apart to help embed and give some time for follow up.
- Run by the Potential Project using their framework (CBMT - corporate based mindfulness training).
- Pre and post course survey to measure improvements.
- App which has a number of mindfulness tracks.
- Group for those who want meet every day for their daily practice.
- 30 people and two facilitators.
- Didn't have target audiences as such but rather it was for anybody who had an appetite to explore these concepts further. We also use mindfulness practices and journaling as part of our leadership programme so our partners were already covered on this front.

Programme content – topics

Each session split into a mental strategy and a particular strategy around the workplace so in total we covered eight mental strategies and eight workplace strategies.

1. Introduction and benefits
2. Mental strategy of presence and workplace strategy of mental effectiveness
3. Mental strategy of patience and workplace strategy mindful emails
4. Mental strategy of kindness and workplace strategy of planning and priorities
5. Mental strategy of beginners mind and workplace strategy of open awareness
6. Mental strategy of acceptance and the workplace strategy of energy management with a particular focus on sleep
7. Mental strategy of balance and the workplace strategy of mindful communications and mindful meetings
8. Mental strategy of letting go and workplace strategy of creativity and innovation
9. Mental strategy of joy and workplace strategy of energy management
10. Wrap up and recap

After each session there was an email containing some follow up reading and a reminder of the actions we had agreed at each session.