

PRACTICING MINDFULNESS

Course Code: 821773

Practice mindfulness to reduce stress and live authentically.

Mindfulness is a technique that helps to transform lives into something that is fulfilling. The practical benefits of being mindful include gaining greater self-awareness, finding joy in the work being done, navigating stressors and strains in personal and professional life with poise, and living to one's full potential.

In this Practicing Mindfulness for Beginners workshop, you will learn:

- What mindfulness is and isn't
- The importance of mindfulness, awareness, and acceptance
- Understanding the benefits of mindfulness
- Misconceptions about mindfulness
- Practicing mindfulness – formal vs. informal
- Mindfulness in decision-making and relationships
- Exploring five interactive lessons on mindfulness
- Practicing mindfulness, self-compassion, and gratitude

What You'll Learn

- Understand the foundations of mindfulness
- Tactics to develop mindfulness
- Gain appreciation of mindfulness and self-compassion
- Practice meditation and mindfulness techniques to manage stress and gain peace

Who Needs to Attend

This workshop is designed for professionals at all career levels.

- Business professionals
- Directors, managers, supervisors, leaders
- Human resources managers, trainers, advisors
- Non-profit executive directors, board members, employees
- Organizational development experts
- Production managers, operations supervisors, manufacturing managers
- Project managers, project leaders, team leaders
- Public sector employees
- Sales and customer service managers
- Small business owners, entrepreneurs

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VIRTUAL CLASSROOM LIVE

\$895 CAD

1 Day

Virtual Classroom Live Outline

The Practicing Mindfulness for Beginners workshop can be delivered for 12 - 20 participants as a 2-hour, 4-hour, or full-day classroom live session.

- Module 1: Understanding foundations of mindfulness
- Module 2: Practicing mindfulness
- Module 3: Mindfulness in decision-making and relationships
- Self-assessment and reflection exercises

May 27 - 27, 2025 | 10:00 AM - 3:00 PM EDT

Jul 28 - 28, 2025 | 10:00 AM - 3:00 PM EST

Sep 29 - 29, 2025 | 10:00 AM - 3:00 PM EST

Nov 24 - 24, 2025 | 10:00 AM - 3:00 PM EST

Visit us at www.globalknowledge.com or call us at 1-866-716-6688.

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