



Psychological Health & Well-Being Training (PHeW)

Free Choices

Mindfulness in the Workplace

Growing recognition for the evidence-based benefits of Mindfulness is leading more and more people to incorporate this into their overall health and wellbeing. As described by Jon Kabat-Zin the main concept of Mindfulness relates to the practice of a deliberate focus on the present moment from a position of acceptance and non-judgement. This practice through regular meditation has been proven to promote a diverse number of factors

The Merits of Mindfulness

- ✓ Can help to manage symptoms and reduce: levels of anxiety, stress, neurosis & depression
- ✓ Improve: sleep, decision making, focus, co-operation and personal relationships
- ✓ Increase: one's general sense of wellbeing, self-awareness and acceptance
- ✓ Help manage: pain & suffering

Benefits of Utilising Mindfulness Techniques in the Workplace

- ✓ Can help to improve cognitive functioning such as memory, problem solving, concentration, clearer thinking, creativity & learning
- ✓ Help to reduce days off sick, absenteeism and presenteeism, which can help to keep costs related to these down
- ✓ Help to deal with stress and conflict; this improves employee relations, co-operation and communication
- ✓ Increase the productivity and engagement of staff
- ✓ Increase job satisfaction and retention of staff

Free Choices Mindfulness programmes works with you to develop:

- Understanding of Mindfulness
- An Individual profiled Mindfulness programme, which fits your needs
- Practical & daily Mindfulness techniques & skills

Mindfulness for specific professions

These programmes provide courses to fit & enhance specific professions such

- Emergency responders: Police, Ambulance, Fire service
- Medical personnel
- Military personnel
- Banking & Finance
- Government Agencies
- Education Professionals
- Carers
- Legal professionals
- Aid Workers
- Social Workers

Programmes are interactive and experiential. This is in order, to promote engagement, motivation and significant learning or change. Focus will be on developing participant's awareness, as well as, the daily practical application of the knowledge and skills learnt

Mindfulness programmes are created to enhance factors related to:

- Leadership and managing others
- Development of effective communication skills
- Promotion of creativity
- Increasing co-operation
- Building resilience
- Enhancement of health & wellbeing
- Promotion of diversity & inter-cultural team work

- Dealing with issues such as: traumatic incidents, high levels of stress, conflict, aggression/ violence, abuse, bereavement, mental health, high workloads and crisis management



To find out more about the Free Choices Mindfulness Programmes and how this can benefit you please contact us