

# TRANQUIL

Mindfulness Workshops for Corporate Employees



## MINDFULNESS

Mindfulness in simple terms means awareness.

Practicing mindfulness allows us to be completely present in the moment. It can help reduce stress, anxiety, and conflict. It also increases resilience and emotional intelligence, and enhances workplace communication.

## MINDFULNESS FOR EVERYDAY LIFE

**Duration: 60 - 75 mins | Participants: 35 - 40**

The objective of this 60-minute workshop is to introduce participants to skills that will help them cope with stress and facilitate a better quality of life. The workshop also includes a 20-minute life skill exercise in mindfulness, that with practice helps participants become more resilient.

**Mindfulness has been linked to:**

- Increase in emotional intelligence, empathy and self-regulation
- Improved conflict management and communication skills
- Greater awareness of one's own emotions
- More compassionate interactions with others
- Accessing your creative self



# WORKSHOP STRUCTURE

## **Introduction to Mindfulness**

This session introduces the concept of mindfulness and its multiple facets using illuminating examples and anecdotes. The session also introduces participants to the science behind mindfulness and how it really works.

## **Stress Management and Mindfulness**

This session helps participants identify what causes stress at the workplace and its tell-tale signs. Participants are also introduced to the practice of mindfulness and how to implement it in everyday situations – both at work and in their personal lives.

## **Mindfulness & Building Resilience**

This session opens up an interesting discussion about how the mind works in ways that are not always helpful to us in our day-to-day lives. Participants also take a closer look at how to overcome such unhelpful thoughts using mindfulness.

## **Mindfulness Exercise**

This live session provides participants a first-hand experience of mindfulness and how to learn the life skill in order to become more resilient.

## **SILVER OAK HEALTH**

Silver Oak Health's mission is to help improve the quality of lives of people around the world. The company has diverse emotional wellness programs and workshops that are focussed on dealing with health and behavioral challenges in people and organisations.

"Over time with mindfulness, we learn to develop the inner resources that will help us navigate through difficult, trying, and stressful situations with more ease, comfort, and grace."

**MIRABAI BUSH**  
**MINDFULNESS EXPERT**

