

# 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 LEADERSHIP

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

The objective of this 60-minute workshop is to introduce participants to mindfulness skills that will help them become more effective leaders. They will undergo different exercises that facilitate an experience of mindfulness and an understanding of how it can help them strengthen the teams they lead.

### About the facilitator

The workshop will be facilitated by Reshmi Sahadevan, Head of Psychological Services at Silver Oak Health. Reshmi is a Clinical Psychologist and Life Coach with 7 years of therapy experience. She has completed her M.Phil in Clinical Psychology, NIMHANS, Bangalore.

# 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.

## **Mindfulness and Leadership**

In this session we discuss the critical role mindfulness plays in cultivating effective leadership, and in helping organisations set themselves apart. Participants also take an in-depth look at how self-compassion is core in creating mindful leaders.

## **Mindfulness Exercise**

This segment of the workshop gives participants a real-time experience of mindfulness with an immersive exercise called 'Loving Kindness Meditation'. This is a powerful tool focussed at developing life skills around resilience and effective leadership.

## **Self-Compassion and Leadership**

In this session participants get a hands-on experience of self-compassion and its role in creating better leaders, as they recount and draw from their own past experiences with it.

## **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**

