Improve Employee Well-being with Mindfulness

Introduction
This 1-day workshop is guided by the principles of MBSR (Mindfulness Based Stress Reduction), a well-researched and evidence-based program, created by Dr Jon Kabat Zinn in 1979, at the University of Massachusetts, Center for Mindfulness in US. Practising mindfulness improves well-being and reduces stress. Studies show that mindfulness practice helps staffs avoid burnout, improved relationships at work, supporting collaboration, improved resilience to challenges, improved task performance, creativity, and adaptability to change.

Course Objective
- What is mindfulness
- Mindfulness practices to reduce work stress and improve well-being
- Technique to manage stressful experiences
- Mindful communication to build effective work relationship
- To concentrate and work more efficiently

Target Audience
For staff at any level who wishes to reduce their work stress, improve their well-being and work more efficiently.

Course Outline
Introducing mindfulness
- What is mindfulness
- Guided mindfulness practice – Bodily awareness
- Noticing pleasant and unpleasant experiences
- Effective techniques to improve mindfulness

Stress Reactivity and Response
- Responding to stress instead of reacting
- Guided mindfulness practice – Awareness of Breath
- Interrupt unhelpful habitual reaction using mindfulness
- Technique to manage stressful experience

Interpersonal Communication
- Scientific studies on mindfulness
- Guided practice – Loving-Kindness
- How to build up mindfulness
- Interpersonal communication

Applying mindfulness in daily life
- Applying mindfulness in daily life
- Design your own practice routine
- Guided mindfulness practice - Mindful Walking
- Options for further mindfulness training

Course Fees

<table>
<thead>
<tr>
<th>Type</th>
<th>Full Fees (inclusive 7% GST):</th>
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<tr>
<td>Member</td>
<td>$321.00</td>
</tr>
<tr>
<td>Non-member</td>
<td>$428.00</td>
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Methodology
In this course, participants will be guided through various mindfulness practices, perform self-inquiry, share their practice experience in pairs or group dialogue. They will also be briefed on how mindfulness works, how mindfulness reduces stress and improves well-being. And how to apply mindfulness in the work environment.

Trainer
Ong Pee Eng is a full-time mindfulness trainer. He teaches mindfulness practices to reduce stress and improve well-being.

He has been practising mindfulness for 30 years. Having worked in the IT industry for more than 25 years, with 20 years as a software project manager, he had experienced how mindfulness tided him over many stressful work periods. And he is familiar in engaging teams and individuals of different nationalities.

He has conducted mindfulness training to people from all walks of life; to the public, corporate and schools.

His interest in evidence-based teaching led him to pursue further training, and become
- Qualified Teacher of the 8-week MBSR (Mindfulness Based Stress Reduction) program from the University of Massachusetts (UMASS), Center for Mindfulness in US
- Certified Teacher of the mindfulness for student program, from the Mindfulness in School Project (MiSP) in UK.

Please refer to SNEF website for available dates
Duration: 1 day, 9am to 5pm (7 hours)
Course Venue: SNEF Corporate Learning Centre @ Tanglin
Register online at SNEF website www.snef.org.sg
Click on ‘Training’ and Course Category ‘Professional Excellence’