

MINDFULNESS FOR BUSY PEOPLE AND SELF-CARE STRATEGIES COURSE OUTLINE

COURSE CONCEPT	<p>Mindfulness and self-care are important, but they can often feel like luxury items when we're already feeling stressed and busy. Life gets in the way of our best intentions, and it can be hard to find the time or energy to focus on our own well-being. However, there are some simple mindfulness and self-care strategies that can easily be incorporated into even the busiest of lifestyles.</p> <p>Practicing mindfulness can bring positive changes to our health and attitude to attain a positive mind-body balance for our overall wellbeing and happiness. Mindfulness practice enables us to stay focussed on the present, remain calm with our colleagues, family, and friends to create a relaxed environment, improve job satisfaction, and personal wellbeing.</p>
AUDIENCE	<p>Individuals who are seeking to reduce stress, improve communication, relationships, and wellbeing at work and everyday life.</p> <p>For individuals who want to learn to be fully present, be aware of who they are and the sensations that arise in their body and mind.</p>
AIMS	<p>Apply mindfulness techniques to focus your mind on the present moment to cope with stress and emotions, connect with others, and enhance mental wellbeing to increase satisfaction at work and in our personal lives.</p>
COURSE CONTENT	<ul style="list-style-type: none"> • Understanding mindfulness? • What is mindfulness? • Why develop mindfulness? • Mindfulness Meditation Guidelines • Mindfulness for busy people • Self-Care Strategies
LEARNING OUTCOMES	<p>Upon completion of the course, participants will be able to:</p> <ul style="list-style-type: none"> • Define mindfulness and apply the principles to work and personal life • Apply mindfulness techniques for self-care during busy times • Enhance mindful practices to assist your professional practice • Practice mindfulness techniques
LEARNING ACTIVITIES	<p>The online course consists of the theory with a range of interactive activities that include:</p> <ul style="list-style-type: none"> • Experiential learning activities • Questionnaire • Mindfulness practices • Viewing training videos with reflective practices • Writing an Action Plan to achieve your career goals

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DURATION	Self-paced learning, approximately 1 hour
ADDITIONAL PROFESSIONAL DEVELOPMENT	<p>If you have specific and challenging issues, we can further assist with optional coaching sessions in a one-to-one or a small group session.</p> <p>Upon completing your full course or individual course, we offer ongoing supervision in your practice through our Career Coaching and Training membership program.</p>
FURTHER INFORMATION	<p>careercoaching.training</p> <p>hello@careercoaching.training</p>

