



The Business of Mindfulness

Redefining Mental Health & Wellbeing in the work Place



Introductory Offer

Are you looking to help your employees be more resilient and better equipped to deal with today's changing world? Do you have more of your people absent with sickness due to stress and anxiety.

A better mind is more able to cope with stress at work and at home and ultimately you will have a happier work force, able to work with you, to achieve the company's objectives. The alternative is absenteeism, inefficiency, and an unsustainable business model.

Help them be aware of how they can use Mindfulness to prevent stress and have a better quality of life – at home and at work.



A Definition of Mindfulness

Mindfulness encompasses two key ingredients: Awareness and Acceptance

- Awareness is the knowledge and ability to focus attention on one's inner processes and experiences, such as the experience of the present moment.
- Awareness is not letting your mind disappear into regretting the past or fearing the future.
- Acceptance is the ability to observe and accept—rather than judge or avoid—those streams of thought.
- Acceptance is not to resist what persists – learning to accept painful thoughts.

1. The Introduction to Mindfulness - (2 hour session)

£495* per session
(maximum of 10 people)

2. Full 8 week, mindfulness based, Stress Reduction Course – (2 hours per week)

£500* per person
(minimum of 8 people)

*Travel & Accommodation may be extra depending on distance



Interested? Get in touch!

Phone: 07949 846867 Email: info@mindfulness.uk.com Web: www.mindfulness.uk.com

Mindfulness made simple

An introduction to mindfulness

Aims

- to learn what mindfulness is
- to begin to understand how this awareness can help reduce stress and anxiety or difficulties

Key Ideas

- Mindfulness
- Autopilot
- Primary and secondary experience
- Reacting and responding Choice
- Doing & being modes
- Perceptual & conceptual modes
- 'Thoughts are not facts' (necessarily)
- 'Charged' thoughts
- Accepting difficult experiences
- The paradox of mindfulness
- The negativity bias
- Noticing the pleasures and positive experiences in our lives
- The three major emotion systems
- Kindness to self
- Self kindness v. self criticism
- Connecting with others
- The exhaustion funnel



**Tailored
workshops &
course can be
created to suit
the business
needs.**



The Business
of Mindfulness



Chris Hopkirk
Founder

Originally a Sales & Marketing Director involved in various SME businesses, Chris was first attracted to mindfulness to help him deal with the anxiety and stress of running a business.

Mindfulness enabled him to become aware of his reactive behaviours and by working mindfully he was able to bring an equanimity to his day-to-day engagement and ultimately was able to introduce it to his staff.

Due to this engagement, Chris saw that he could introduce mindfulness & mental health first aid into other businesses. He wanted to help the owners, directors, managers, and staff become happier and more engaged.

This would result in a more successful outcome for everyone, both in their business or in their personal lives.

Chris is an accredited Breathworks Teacher & First Aid for Mental Health instructor.



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