



MINDFULNESS PROGRAMME

Bringing the mind home

AWARE MINDFULNESS PROGRAMME

What is Mindfulness?

Mindfulness is a world recognised technique, delivered in Northern Ireland by AWARE. The aim of the programme is to help you reduce stress, cope better with challenges and problems and improve focus and attention. It also helps increase confidence and improves your response to stress. It is a way to accept difficulties in your life using self-compassion, silencing your critical self and bringing with it peace of mind.

Who is it for?

The AWARE Mindfulness Programme is open to everyone. It develops tools you can draw upon when life gets difficult. The Programme is also useful for people experiencing stress or mild anxiety.

What will I learn?

You will learn how to respond better to situations and not react; you will learn that thoughts are not facts; your self-critical thinking will be tamed; avoidance and anxiety will be reduced to manageable levels, and

you will learn to respond to life's difficulties in a healthier way.

As you learn how to practice Mindfulness you will develop the skill of experiencing the present moment, which is largely underestimated in its power to foster an authentic and genuine sense of wellbeing for any individual.

Duration

AWARE offer a range of programmes which can be tailored to suit your requirements. These include:

- A two hour 'Introduction to Mindfulness Practice' programme
- A full day 'Mindful Leader' programme exploring theory and practice of Mindfulness with a specific focus on workplace challenges
- A six hour Mindfulness Practice Programme
- A twelve hour Mindfulness Practice Programme

The Mindfulness Programme is delivered in various locations throughout Northern Ireland.

Let's get you started:

Contact mindfulness@aware-ni.org

Visit www.aware-ni.org/mindfulness

Call Us 028 9035 7820 or 028 7126 0602

Registered with The Charity Commission for Northern Ireland NIC100561.
Company No. N.I. 30447

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.



MINDFULNESS IN THE WORKPLACE

This programme can be uniquely tailored to meet the needs of your business environment. Many workplaces across Northern Ireland have successfully integrated the Mindfulness Programme into their workplace.

Benefits of Mindfulness in the Workplace:

Employers have an increasing responsibility for the health and wellbeing of their employees, and Mindfulness could help you find a creative and unique solution to this. In today's workplace, the most pressing issue is the rising toll of work-related mental ill health. As far back as 2011, the Northern Ireland economy lost approximately £800 million through mental illness. The AWARE Mindfulness Programme will reduce stress in the workplace, improve working relationships, improve employee wellbeing, enhance creativity, increase productivity and undoubtedly lower absenteeism.

Duration:

When integrating Mindfulness into your workplace, there are various options for you to choose from. AWARE can tailor the delivery of Mindfulness in line with your business priorities.

Let's get you started:

Contact mindfulness@aware-ni.org

Visit www.aware-ni.org/mindfulness

Call Us 028 9035 7820 or 028 7126 0602

Programme Content:

Every organisation is unique and we understand that each one operates differently. The AWARE Mindfulness Programme will be tailored with you in mind. You inform us of the areas which you would like us to focus on to ensure you receive a tailor-made service created to meet your specifications.

These areas include:

- Stress reduction
- Building resilience
- Focus and creativity
- Cultivating compassion and care