

**Are your teams under pressure and finding this new Covid reality hard?  
Wanting to support staff and build their resilience and strength of mind?**



**FOCUS DAY  
TRAINING**

**Taking a mindful approach can help you to navigate through these difficult times. Learn the skills in 6 weeks and discover how to improve your wellbeing and your ability to deal with rapid change.**

**LEARNING OUTCOMES:**

- Improving overall sense of wellbeing
- Improved focus, attention, and awareness in the moment but also in daily life and work
- The ability to navigate through strong and difficult emotions
- Stronger sense of being able to respond calmly rather than reacting to events and difficult moments
- Develop your sensory acuity and awareness of how other people are feeling and acting
- Become more resilient to change
- Acceptance, patience and tolerance of yourself, others, and circumstances

**Taking things forward, what's next?**

The 6-week course is delivered in six 1-hour sessions over 6 weeks via ZOOM/TEAMS plus breathing practice mp3's and PDF tip sheets.

There will be delegate interaction throughout each session, alongside course handbook, as well as email support for all delegates for the full 6 weeks.

The total cost of the training package is £600.

And with a maximum of 20 delegates this represents a very cost-effective training/support solution.

**Enquiries, email [jon@focusdaytraining.co.uk](mailto:jon@focusdaytraining.co.uk)**

**WEEK1 - Introduction, starting where we are.**

Learn about how to approach and the attitude needed for mindfulness.

Practices: Mindful minute and 3-minute breathing space.

Tip sheet: Informal approaches

**WEEK2 - Formal practice, making time.**

Develop your skills to improve focus, awareness, and attention.

Practices: Sitting, body scan.

Tip sheet: Noticing sensations when they arise.

**WEEK3 - Engaging emotions**

Generate positive hormones that can calm the body and mind.

Practices: Remembering kindness, compassionate break.

Tip sheet: Taking in the good, focusing on joy, gratefulness

**WEEK4 - Opening up to others**

Weaken anger and frustration for life and other people.

Practice: Loving kindness, 'meta'.

Tip sheet: Noticing what drains you and what gives you energy.

**WEEK5 - Being still and observing**

Strengthen our mindfulness by taking a step back and just watching.

Practices: Observing, S.T.O.P

Tip sheet: Observe your inner critic

**WEEK6 - Let it RAIN**

Build resilience for rainy days, face your fears,

Practice: R.A.I.N

Tip sheet: Movement, talking and sharing.

These workshops can be flexible in the group focus i.e. Managers, Team Leaders, Individual teams/ Departments or can be across the whole organisation.

Courses need to be booked in advance and are delivered at the same time each week.

We can discuss the schedule to suit your organisational Requirements.