

Wellbeing in the Workplace



Working Mindfully

Mindful Meetings



Why not treat your staff to a wellbeing session in the workplace. The wellbeing sessions for a staff meeting are a mixture of information and enjoyable practical activities based on Mindfulness

An introduction to neuroplasticity

A vital part of understanding how we as human beings can change our patterns of thinking, relating and being – it seems you can teach old dogs new tricks!

We will start with an introduction to neuroplasticity – how the brain can change, and regrow new neural pathways and the relationship and its importance to learning.

Discuss the idea that we can gain new positive habits relating to focus/productivity and brain state.

Activities relating to focusing, the how of paying attention!

How to start to have some control over our mischievous monkey minds, that pull us into distractions leading to procrastination, anxiety, unhappiness which can turn into depression and at times mean we treat ourselves unkindly.

We will explore the benefits of being mindful (being in the present moment), how it can assist or be used as a tool when learning or working on a task and how it increases focus, attention. It also has the great benefit of being able to be used to shift an uncomfortable or inappropriate state of mind.



Mindful, Meditative Activities and Tools

That we can use in our everyday life, to keep us focused and more present in our lives and our work.

A range of sensory and somatic experiential mindful activities will take place to cover the wheel of mindfulness; sight, sounds, touch, taste, smell, movement, thought and emotions.

These activities will then comprise a toolkit of activities that staff can take with them and use in daily life, and hopefully, once the benefits are experienced, if the session takes place in schools the toolkit can then be shared with the children in their classes to help them to improve focus and attention in lessons.

These sessions can be for a one-hour staff meeting, half or full day. Please get in touch with your requirements for costs.

To book or to enquire please:

email brenda.kensho@gmail.com

<http://www.kensho-learnlovelive.co.uk/cpd-inset-days/>

Call /text Brenda on 07453229289

“Concentration is a cornerstone of mindfulness practice. Your mindfulness will only be as robust as the capacity of your mind to be calm and stable. Without calmness, the mirror of mindfulness will have an agitated and choppy surface and will not be able to reflect things with any accuracy.” — Jon Kabat-Zinn



“When we can be centred in ourselves, even for brief periods of time in the face of the pull of the outer world, not having to look elsewhere for something to fill us up or make us happy, we can be at home wherever we find ourselves, at peace with things as they are, moment by moment.” — Jon Kabat-Zinn