



IN PARTNERSHIP WITH



Developing the Resources of Your Inner Sanctuary To Increase Well-Being, Resilience and Clarity

# THE MINDFULNESS WORKSHOP

*A Holistic Science-Based Mindfulness Approach for Reducing Stress while Building Inner Resilience*

# OBJECTIVE

This program takes a deep dive into the world, principles and practices of mindfulness - a concentrated state of awareness & attention that helps people see and respond to situations with clarity. The journey begins by demystifying mindfulness through sharing the deep research & neuroscience on the benefits that it endows to the practitioner; as well as examining the physiology of the stress response, especially in relation to the ways mindfulness practice enables individuals to become aware of and mediate their reactions to stressful situations; and finally using the practical tools and practices that anyone can begin to use to cultivate greater attention, awareness and intention towards themselves. We explore mindfulness not only in the context of a person's personal sphere but also in communication, eating, and performance at work. By the end of this workshop, delegates will feel prepared to practically integrate a variety of mindfulness practices into their daily personal & professional lives.

# BENEFITS

By completing this workshop, participants will:

- Enhances ability to cope effectively with stress, anxiety & challenges of everyday life
- Experience greater well-being and mental health
- Be more adaptable to change and uncertainty
- Learn how the body handles and resolves stress neurologically
- Become more aware and in-tune with themselves
- Develop a clarity of mind and serenity of emotions, even in difficult situations
- Develop a positive mindset and pattern of discipline, self study and personal improvement & development

# MODULES

1. Foundational Principles of Mindfulness
2. Science & Research Behind Mindfulness
3. Moving from Auto-Pilot to Awareness
4. Training Our Attention & Our Brain
5. The Physiology of Stress (Reacting vs Responding)
6. Grounding Mindfulness in Our Body
7. Mindful Communication
8. Establishing Mindfulness Practices, Exercises & Techniques (The Body Scan, Sitting Mindfulness Meditation, Walking Mindfulness Meditation, Loving Kindness Meditation, Mindful Eating, Attention Awareness Exercises, The Power of the Breath, etc)
9. Applying Mindfulness to Daily Life
10. Developing A Customised, Personalised Mindfulness Practice
11. Buddy Accountability

# HOW

This masterclass is delivered as a powerful experiential group coaching program that is packed with the perfect blend of bite sized cutting edge research, group exercises and activities that simulate reality and highlight key learning points, small group discussions, demonstrations, videos, personal reflection and practice of techniques as well as group coaching.

## “The Ultimate Antidote to Stress”

*The foundational skill that underpins inner growth, well-being & clarity of mind*

# LOGISTICS

## Date & Time

January 26 - 28, 2020

9:00am - 3:00pm

## Location

Radisson Blu, Kuwait

## Registration

Register your team today, as workshops sell out quickly!

Online through <http://oe.kfas.org.kw>

## Contact Information

Email: [training@kfas.org.kw](mailto:training@kfas.org.kw)

Contact: +965 22278100 Ext. 1853/1879/1883/1877/1875

