



## Mindbalance Corporate Meditation

### Eight week basic resilience course

**Eight week basic resilience course** is designed to kick start your understanding and practice of meditation. The course aims at building resilience, self-management and self-care.

**Meditation** encompasses a variety of techniques which all help quieten the busy mind by keeping the attention focused in the present moment thus making the mind clear, peaceful and focused

#### Free introduction

“What is meditation and why do it.”

Offering you the opportunity to meet with the facilitator, understand the basic principles and ask the questions.

#### Anticipated results:

By the end of six weeks you can expect to notice:

- Reduced stress and anxiety
- Increase in mental concentration, clarity and awareness
- Increase in productivity and effectiveness
- Increased emotional stability
- Improved sense of wellbeing
- Increased confidence
- Improved communication in the workplace
- Increased sense of inner peace and contentment

Recent research suggests that follow-up and repetition are crucial in correcting undesired behaviour and making real changes. One-off workshops may be good source of new information but do not have the power to effect lasting change. That is why we offer regular training over eight week period.



## Course structure:

### 1 ½ hour initial session – covers:

- basic information about meditation,
- explanation of the process and techniques used
- guided relaxation and meditation session and
- questions and answers.

### Seven 1 hour sessions - each includes:

- topic of the week,
- guided relaxation and meditation
- check in / feedback session at the end

## Topics covered:

### Week 1 – The basics

- What is meditation and how to do it
- Posture and technique
- Common problems

### Week 2 – stress

- What is stress
- Causes
- Solutions

### Week 3 – Circle of control

- Understanding our circle of influence
- Coping with change
- Unpredictability and impermanence

### Week 4 – Mindfulness

- Living in the present moment,
- Learning to focus the mind
- Concentration and insight





#### Week 5 – Awareness

- What is awareness
- Mind and its objects
- Distractions

#### Week 6 – Letting go

- Creating space,
- What we identify with
- Spotting unhelpful states and learning to let go

#### Week 7 - Positive mind

- Dealing with negativity
- Solutions focus
- Big picture

#### Week 8 - Empathy

- Towards harmonious relationship
- How we relate: listening and understanding
- Equalizing self with others

### Assessment:

At the end of eight weeks there will be an assessment to establish how effective the course has been for the individuals and workplace environment in general.

Assessment will be conducted as an on line survey.

### Follow-up:

Eight week basic resilience course is an adequate basis on which it is possible to build the ongoing meditation practice.

Participants will receive **FREE CD** with recorded meditations for their ongoing practice.

Mindbalance offers weekly meditation classes which will prevent the deterioration of what has been achieved during the course.



