MINDSET:
MINDFULNESS AND RESILIENCE (VIRTUAL)

Overview

For this session you will need:

- a laptop / PC with audio and video capability
- a good, strong internet connection
- a quiet space (headphones or earphones are good but not essential)

Mindfulness, or present moment awareness, has been proven to aid focus, self-awareness, build resilience and enhance wellbeing.

Resilience (or resiliency) is our ability to adapt and bounce back when things don't go as planned.

What will I learn?

In this session, we will introduce you to some simple mindfulness techniques that you can use in your home or office working environment, as well as three techniques that will help you understand your resilience and implement strategies to enhance your wellbeing and ability to handle change.

Course content

- A grounding exercise
- Introduction to mindfulness
- Mindfulness in everyday life
- Introducing pauses
- Challenge, commitment and personal control
- Permanence, pervasive and personalisation
- Setting goals
- The 3-1 ratio and positive psychology

Timings

This virtual session runs from 09:30am - 13:00pm, with breaks included.

This course will be run on the Zoom video conferencing platform.

If you've never used Zoom - or any other video conferencing platform - before don't worry, it's quite straightforward!
Before the session, we'll send you instructions to help you get started. The key thing is to ensure that your video and audio settings are working, which you can test before the session.

All you'll need is a laptop/PC with audio and video capability, a good internet connection and somewhere quiet to sit and share a 'virtual learning space' with us for 3.5 hours.

**Book your place**

To book this virtual course, click 'Booking Details' below, enter the delegate details and follow the prompts through to the payment page.

Alternatively, email us at info@crisp-cpd.com or call 01392 409 198 with more details and we'll book you on.

**Bring this course 'In-House'**

If you're interested in running this course exclusively for your team, drop us an email at info@crisp-cpd.com or call us on 01392 409 198 and let's start a conversation. We'd be delighted to help you.

Other virtual courses you might be interested in:

- Thinking Differently
- Appraisal Conversations
- Managing Virtual Teams
- Managing People Through Change
- Planning for Post Lockdown - Reintegrating the Team
- Choosing your State and Energy
- Introduction to NLP - Learning How People Tick
- Delivering Customer Excellence

**COURSES**

18th August 2020
The Crisp 'Virtual Classroom'

This course is also available in house.