



mindfulSF

Supporting people to live life fully.

**2023 Sample Workshop Guide**

# mindfulSF 2023 Sample Workshop Guide

## Authentic Presence - Living Mindfulness at Work

1 – 2 Hours

### **Overview:**

Are you familiar with mindfulness but just don't have time for it? Decades of research studies show mindfulness-based strategies to be instrumental in combating stress, anxiety, and burnout in high demand work environments. Mindfulness skills can help people effectively manage stress and sustain energy while at work. This experiential workshop will introduce practical ways to enhance wellbeing, connection, and presence in the workplace. You will have the opportunity to learn and practice mindfulness techniques that can move you from surviving to thriving in everything you do.

### **Objectives:**

- Participants will learn how mindfulness is supported by science to optimize brain performance.
  - Participants will acquire techniques that can be utilized at work to sustain energy levels and avoid burnout.
  - Participants will become knowledgeable about communication skills that can enhance team collaboration and connectedness.
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## Mindfulness-Based Techniques for Optimizing Workplace Performance

1 – 2 Hours

### **Overview:**

This experiential workshop is for professionals interested in enhancing their wellbeing in the workplace. Participants will have the opportunity to practice mindfulness and values-based techniques that can be implemented during work, and in high stress situations. This workshop includes discussion and experiential practice that focus on the use of mindfulness-based techniques to enhance work performance, productivity, and stress management skills.

### **Objectives:**

- Participants will learn and practice mindfulness-based techniques that can be utilized in the workplace.
- Participants will gain clarity around behaviors that can direct them towards increased work satisfaction.
- Participants will learn skills to more thoughtfully and productively respond to competing tasks and demands.

## Cultivating Compassion, Presence and Resilience in Caregiving Contexts

1 – 2 Hours

### **Overview:**

Current research supports the efficacy of self-compassion and mindfulness practices as protective strategies for provider burnout in mental health care. Techniques that focus on increasing presence and self-kindness can assist with productivity, motivation, and interpersonal connection in the face of job-related and personal stressors. In this experiential training, caregivers will learn and practice essential skills for cultivating resilience and managing stress in both personal and professional contexts.

### **Objectives:**

- Participants will be able to identify essential components of mindfulness and self-compassion practices and how they can support the cultivation of resilience and flexibility.
  - Participants will explore key research studies that demonstrate the impact of mindfulness and self-compassion practices in caregiving roles.
  - Participants will leave with 5-8 self-care practices they can utilize in response to job and life-related stress.
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## Caregiving with Intention: Selecting and Sticking to Your Caregiving Values

1 - 2 Hours

### **Overview:**

In this experiential workshop we will explore values-based learning as a compass for navigating challenges of caregiving. Participants will have the opportunity to learn mindfulness and acceptance techniques related to caregiving, connect to personal values, and identify behaviors that are aimed at increasing closeness with how they want to be as caregivers.

### **Objectives:**

- Participants will learn stress management techniques to decrease reactivity in response to triggers.
- Participants will practice various mindfulness and acceptance skills to more effectively manage emotions in response to stressful interactions.
- Participants will leave with a greater understanding of their own values as well as concrete behaviors they can engage in to move them closer to the caregivers they would like to be.

## **Living with Intention: Selecting and Sticking to Your Values At Work**

1 -2 Hours

### **Overview:**

In this experiential workshop we will explore values-based learning as a compass for navigating challenges of workplace stress. Participants will have the opportunity to learn mindfulness and acceptance techniques related to corporate wellness, connect to personal work values, and identify behaviors that are aimed at increasing connectedness with overall wellbeing in the work environment.

### **Objectives:**

- Participants will learn stress management techniques to decrease reactivity in response to high stress situations.
  - Participants will practice various mindfulness and acceptance skills to more effectively manage emotions in response to workplace interactions.
  - Participants will leave with a greater understanding of their own values as well as concrete behaviors they can engage in to move them closer to the person they would like to be at work.
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## **Bouncing Back – Building Resilience in Uncertain Times**

3 Session Series.

Each session is designed to be 1 hour and can be offered as a stand alone session. Sessions can also be combined to create 90 minute or 2 hour sessions.

### **Overview:**

In this workshop series we will explore practical ways to combat burnout, build resiliency, and increase work/life balance during this challenging time in our society. Over the past several decades, research has increasingly shown mindful awareness strategies as powerful tools to combat stress, anxiety, and burnout in high demand work environments. The global health crisis we are facing has led many people to experience challenges that include increased stress, isolation, and blurred lines between work and home life. Studies show that people trained in mindfulness can optimize job performance, concentration, clarity and focus even in the face of challenging and uncertain times. This workshop series is an opportunity to connect with colleagues, to learn about the research behind self-care and mindfulness, and to practice techniques that are practical, effective, and proven to support wellbeing. Each session will consist of didactic presentations, experiential practices, and large and small group discussion.

**Session 1:** Mindfulness | Unpacking the Basics

**Session 2:** Learning to Unplug | Finding balance while working from home

**Session 3:** Integration | Infusing Mindfulness into Daily Life

**Objectives:**

- Participants will leave with a greater knowledge of current research studies that support the efficacy and outline the impact that mindfulness and self-care strategies can have on wellbeing.
  - Participants will leave each session having identified at least one self-care or mindfulness strategy they can utilize throughout their work day.
  - Participants will learn strategies to create and sustain boundaries between work and home life.
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**Becoming Present at Work | Series**

Half Day, Full Day, or 4-Part Series

**Overview:**

Current research supports the efficacy of self-compassion and mindfulness practices as protective strategies for burnout in corporate work environments. Techniques that focus on increasing presence and self-kindness can assist with productivity, motivation, and interpersonal connection in the face of job-related and personal stressors. In this experiential training, participants will learn and practice essential skills for cultivating resiliency and managing stress in professional contexts.

**Objectives:**

- Participants will be able to identify essential components of mindfulness and self-compassion practices and how they can support the cultivation of resilience and flexibility.
  - Participants will explore key research studies that demonstrate the impact of mindfulness and self-compassion practices in caregiving roles.
  - Participants will leave with 5-8 self-care practices they can utilize in response to job and life-related stress.
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**Mindfulness-Based Stress Reduction Course**

8-Week Series

**Overview:**

Mindfulness-Based Stress Reduction (MBSR) is an evidence-based program that introduces mindfulness in the form of sitting practices, body awareness, and movement as modeled by Jon Kabat-Zinn, PhD. Studies have shown MBSR to benefit people with stress, chronic pain, depression, and anxiety related conditions.

**Objectives:**

- Participants will be introduced to mindfulness skills in the form of sitting practices, movement, and body awareness.

- Participants will cultivate kindness and self-compassion skills.
  - Participants will improve interpersonal communication abilities and enhance ability to engage in values-based living.
  - Participants will acquire a set of concrete tools for responding effectively to stress and worry.
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## **Cultivating Compassion, Presence and Resilience in Helping Professions**

Half or Full Day

### **Overview:**

Current research supports the efficacy of self-compassion and mindfulness practices as protective strategies for provider burnout in mental health care. Techniques that focus on increasing presence and self-kindness can assist with productivity, motivation, and interpersonal connection in the face of job-related and personal stressors. In this experiential training, caregivers will learn and practice essential skills for cultivating resilience and managing stress in both personal and professional contexts.

### **Objectives:**

- Participants will be able to identify essential components of mindfulness and self-compassion practices and how they can support the cultivation of resilience and flexibility.
  - Participants will explore key research studies that demonstrate the impact of mindfulness and self-compassion practices in caregiving roles.
  - Participants will leave with 5-8 self-care practices they can utilize in response to job and life-related stress.
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## **Stress Less, Live Fully | A Course in Mindfulness and Self-Compassion**

8-Week Series

### **Overview:**

This is a group for busy professionals looking to find balance with life inside and outside of work. You will have the opportunity to refuel, connect with like-minded people, and learn strategies to manage stress effectively

### **Objectives:**

- Deepen relationships with co-workers and/or other professionals.
- Gain clarity around behaviors that can direct you towards increased life satisfaction.
- Attend more thoughtfully and productively to competing tasks and demands.
- Gain experience with a variety of mindfulness, communication and self-compassion skills.

## **The Science and Practice of Mindfulness-Based Programs**

Full Day

### **Overview:**

This workshop is an introduction to mindfulness-based programs that are pioneers in the proliferation of mindfulness-based interventions. We will investigate a variety of 8-week structured programs that include Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBSR), and Mindful Self-Compassion (MSC). Randomized controlled trials have increasingly shown the efficacy of these programs in the treatment of a wide range of conditions related to illness, chronic pain, and stress related disorders. In this workshop we will explore the structure and underpinnings of course curriculums and discuss current research findings. We will also engage in a variety of experiential mindfulness and self-compassion practices.

### **Objectives:**

- Participants will leave with a greater knowledge of current research studies that support the efficacy of a variety of 8-week structured mindfulness-based programs.
  - Participants will learn about the history, format, and structure of each program and will be able to identify when these programs may be a beneficial adjunct to traditional psychological and/or medical treatments.
  - Participants will engage in guided mindfulness and self-compassion practices that may include sitting, walking, and movement.
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## **Mindfulness-Based Strategies for Preventing Burnout**

Half or Full Day

### **Overview:**

Compassion fatigue and burnout are challenging experiences that frequently impact the wellbeing of care providers. Through connecting with our own bodies and minds we can learn to proactively identify ways to successfully manage stress that arises when caring for others in need. This experiential training will include an overview of current research studies that show the efficacy of mindfulness as a protective strategy for caregivers.

### **Objectives:**

- Participants will practice mindfulness techniques that can assist with stress management and cultivation of empathy and increased connection with others.
- Participants will leave with a toolbox of 5-8 informal mindfulness practices they can use during work to support wellbeing, presence, and connection.

Thank you for your interest in our workshop offerings.

We offer wellness workshops that focus on teaching mindfulness, values exploration, stress management, and communication skills. Our workshops are highly experiential and can be utilized in workplaces to enhance team collaboration and increase productivity. Workshops are individually tailored to meet the needs of your organization.

Please contact us directly at [info@mindfulSF.com](mailto:info@mindfulSF.com) to find out more about other workshops that may be appropriate for your organization.

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mindfulSF is dedicated to supporting people with living freely in the face of stress and adversity. We are committed to offering evidence-based mental health and wellness services to help people live meaningful and fulfilling lives. All of the services we provide are grounded in collaboration, curiosity, and compassion. We are committed to using training structures that promote cultural humility and responsiveness for all genders, races, sexual identities, and ethnicities.

More information about mindfulSF can be found at [www.mindfulSF.com](http://www.mindfulSF.com).