

# Workplace Mindfulness and Well-Being Workshop

## Aims

This programme aims to promote understanding of mindfulness, increase awareness and insights around individual's body and mind, provide the opportunity for participants to develop and practice the skill of mindfulness in daily work and life experiences, to enhance their capacity in improving self-care, interpersonal effectiveness and clinical performance.

## Course Outcomes

Upon completion of this course, the participants will be able to:

1. state key characteristics and working principle of mindfulness
2. discuss the role of mindfulness in responding to individual daily life situations in positive and proactive way
3. investigate with curiosity the way things are in the body and mind in the present moment.
4. identify individual perception, stress triggers, reactive habits and communication style.
5. apply at least two specific strategies to improve everyday self-care, interpersonal effectiveness and clinical practice.

## Target Group

Healthcare Staff and Administrative Staff.

## Duration

8 Hours

## Assessment Methodology

Quiz and reflection

## Criteria for Verification of Course Completion

1. Achieved 100% of attendance
2. Meet stipulated requirement:
  - Submitted reflective journal

## Course Leader

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## Course Coordinator

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