

# Mindfulness and the workplace

*Bringing Calm, Clarity and Creativity to Work.*

Do you ever wish that you could just press the pause button? Do you suffer from information overload? Are you exhausted by all the demands made of you? Are you so busy you just don't know where to start?

It might not be immediately obvious how practising mindfulness can help you in the work place. However, after only a few weeks of practice it can reduce stress, increase attention, increase creativity and generate a calmer more harmonious working environment. This course will:

- ◇ Give you an opportunity to experience mindfulness
- ◇ Show you how to build a successful practice
- ◇ Explain how mindfulness is beneficial for the individual and the organisation
- ◇ Explore how you can apply mindfulness in the work place
- ◇ Leave you feeling calm and refreshed

**COST**

Free to the voluntary sector; £30 others

10:00—14:00

**TIME**

**DATE**

Tuesday 30th September

St JOHN'S CHURCH HALL,  
REDHILL ROAD, ROWLANDS CASTLE  
PO9 6DF

**VENUE**

If you would like to attend this session, please contact Community First HEH, telephone: 0300 500 8085, or email [bookings@cfheh.org.uk](mailto:bookings@cfheh.org.uk)

You can also book online at: <http://www.cfheh.org.uk/training-booking/>