

# Community First New Forest

## 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

When- Monday 24<sup>th</sup> November 2014 9.30am-12.30pm

Where-Lyndhurst Community Centre, SO43 7NY

Cost- Members £35 Non-members £45

Please complete a booking form and send to Debbie Grace Community First New Forest, Archstone House, Pullman Way, Ringwood BH24 1HD Tel No 01425 482773 or e mail [debbie.grace@cfnf.org.uk](mailto:debbie.grace@cfnf.org.uk)