



STRIVE EDUCATION GROUP

<https://www.striveeducationgroup.com/>

Mindfulness And Stress Management In Professional Settings

Program Fee: \$2,189

This training program is designed to help professionals integrate mindfulness and stress management techniques into their daily work routines. Participants will learn to enhance their mental well-being, improve focus, and manage workplace stress effectively. The course combines theoretical knowledge with practical exercises to foster a more balanced and productive professional life.

Course Duration: 3 Weeks (6 Sessions, 2 sessions per week)

WEEK 1: INTRODUCTION TO MINDFULNESS AND STRESS MANAGEMENT

The Fundamentals of Mindfulness

- Definition and history of mindfulness
- The science behind mindfulness and its benefits
- Practicing mindfulness: Basic techniques and exercises

Understanding Stress and Its Impact

- Identifying sources of stress in the workplace
- The physiological and psychological effects of stress
- The connection between stress and mindfulness

WEEK 2: MINDFULNESS TECHNIQUES FOR THE WORKPLACE

Practicing Mindfulness at Work

- Mindful breathing and meditation techniques
- Incorporating mindfulness into daily work routines
- Mindful communication and active listening in professional settings

Managing Stress with Mindfulness

- Techniques for immediate stress relief (e.g., grounding exercises, body scan)
- Long-term strategies for reducing workplace stress
- Developing resilience through mindfulness

WEEK 3: CREATING A BALANCED PROFESSIONAL LIFE

Enhancing Focus and Productivity with Mindfulness

- Techniques to improve concentration and prevent burnout
- Time management strategies with a mindfulness approach
- Balancing professional demands with personal well-being

Developing a Personalized Mindfulness and Stress Management Plan

- Assessing individual stress triggers and responses
- Crafting a personal action plan for ongoing mindfulness practice
- Integrating mindfulness and stress management into team and organizational culture