



# Mindfulness for Managers

## Details

**Duration:** 1 Day

**Delivery:**  
Online/Classroom/Blended

## Region & Dates

**Dublin:** May 27, 2021

**Dublin:** Oct 6, 2021

**Time:**  
9.30 am– 5.00 pm

**Venue:**  
Ibec  
84-86 Lower Baggot Street  
Dublin 2

**Cost:**  
Ibec member: €385  
Non-member rate: €425

**Contact:**  
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## Programme Overview:

Mindfulness for Managers is a practical led experiential one day course that provides an understanding about mindfulness. It demonstrates how mindfulness is a practical yet powerful tool that enhances coping skills as well as creating space for more effective decision making.

Participants learn researched and tested tools that are applicable in the work place. These tools enhance self-awareness and self-management which enables a manager to be aware of their own self and emotions of others in order to manage interactions more effectively.

## Approach:

This is a practical led one day workshop which places emphasis on applying mindfulness tools in addition to embedding the theories around mindfulness. The programme is a combination of instructor led with guided sessions to practice mindfulness. Each mindfulness session is followed by an appreciative inquiry session which enables participants to embed learning from exploring their experiences in a safe confidential forum. Participants will receive guidance notes and access to audio meditations.

## Who Should Attend?

Anyone interested in cultivating a practice of mindfulness to

- Enhance their ability to deal with work / life pressures
- Manage more effectively
- Increase clarity around decision making



## Programme Schedule:

### Morning

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- What is Mindfulness?
- Triangle of Awareness
- Gathering the Scattered Mind
- The Breath
- Pressure into Performance

### Afternoon

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We are not our thoughts

- Responsive vs Reactive modes of the mind in the workplace
- The paradox of mindfulness
- Rumination & ANTs
- Mindful Communication
- Mindful Manager and Emotional Intelligence