

EMOTIONAL HEALTH & WELLBEING: MINDFULNESS & STRESS MANAGEMENT

PROGRAM DESCRIPTION

This program is more of a preventative type of program for emotional health and well-being with a focus on stress management and daily balance. This program will go through specific mindful exercises and discussions for participants to be able to incorporate mindfulness into their daily lives. Through mindful practice and interactive exercises participants will learn necessary tools to feel empowered to create change and balance.

The Center for Mindful Living's Workplace Mindfulness Training Programs are designed for businesses and organizations with employees that may be experiencing high levels of stress or are noticing increased employee turnover rates, decreased productivity, or increased instances of time off due to stress related illness.

The 'Emotional Health and Wellbeing' program is designed for businesses and organizations who want to support the emotional health and well-being of their employees. Simply a more preventative workshop and a perfect restart/recharge program due to the challenges that we have faced during the global pandemic.



TOPICS COVERED:

2-hour Training

- Define mindfulness and its benefits
- Ways to practice mindfulness
- Signs and impact of stress on the body
- How mindfulness can reduce stress
- Creating a mindful space at home and at work
- Breathing exercise & 10-minute guided meditation

Half-Day Training (3.5 hours)

- Topics listed in 2-hour workshop
- Boundary setting & maintaining boundaries
- 30-minute guided meditation

Full-Day Training (7 hours)

- topics listed in 2-hour and half-day workshop
- Benefits of gratitude and exercises to practice gratitude: journaling & meditation

LOCATION:

Our Instructors generally come to your business or organization, but for an additional fee we can offer workshops off-site at one of our partner facilities. This is highly recommended for the full-day training in order to create a neutral and therapeutic space. We can also offer workplace trainings through a virtual platform, if preferred.

ABOUT US

The Center for Mindful Living is a Chattanooga based non-profit organization that provides mindfulness pathways to people and communities through education, practice and partnerships. Connection, community, compassion and growth are at the core of everything we do at the Center.