



Mindfulness Practices For Managers

Length: 1hr

Delivery modes: Onsite & Virtual Presentations; Pre-recorded tutorials.

Details: In this new world of work, management styles are evolving.

A new set of skills are required in order to retain, engage, motivate, and bring the best out of subordinates.

Leading organizations embed mindfulness training into management skill-set because of its ability to increase authenticity, self-awareness, empathy, resilience and emotional intelligence – essential qualities valued by the modern workforce.

This session takes into account the numerous challenges faced by today's manager, and shares mindfulness techniques that can be utilized to reduce emotional exhaustion and improve personal management styles.

Management styles can make or break the success of an organization. Simple scenarios such as how a manager responds to approaching deadlines, can strongly influence the employee experience, and thus impact the employer brand profile.



Equipping managers with mindfulness skills can:

- Enhance employer performance, engagement, satisfaction and retention
- Build productive teams
- Create a positive environment and boost company culture
- Improve the manager's personal wellbeing.

This seminar introduces the concept of mindfulness, and shares practices that can be applied to management settings.

Content includes:

- Mindful Breathing Exercises
- Nurturing Emotional Intelligence
- Reaction vs. Reflection
- Applying 'The Present Moment' to Team Dynamics
- Approaching Management with 'A Beginner's Mind'

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.