

Mindfulness-Based Stress Reduction (MBSR)

About the Program:

This mindfulness program introduces participants to workplace-focused mindfulness training, based on the research-based 8-week Mindfulness-Based Stress Reduction (MBSR) program. Through key mindfulness practices, group discussions and inquiry into experiences, participants will learn foundational mindfulness skills and techniques that can be easily incorporated into their unique workplace setting to improve work engagement and career sustainability.

Learning themes covered in the program include:

- Noticing the autopilot mind and its impact on work tasks and performance; safeguarding the mind against distractions and emotional reactivity
- Training for attentional flexibility for greater focus and increased performance at work; improving working memory amidst the incessant flow of tasks and communications at the workplace
- Developing metacognitive skills for greater awareness of thoughts and feelings; recognizing how negative rumination decreases work productivity
- Learning about how stress affects work performance; managing stress reactivity for clarity of mind and better decision-making
- Increasing emotional intelligence through self-awareness and self-regulation
- Building resilience in moving towards rather than withdrawing from uncomfortable experiences at work; shifting towards the approach system for greater resourcefulness and problem-solving skills
- Managing conflicts or challenging communications and improving interpersonal relationships in the workplace

Who Should Attend:

This program is suitable for working adults (aged 18 and above) from all backgrounds, work levels and positions, as well as job capacities. You will find this workplace-focused training program helpful if:

- You are experiencing mid to high levels of stress in your work environment
- You do not like the way you are responding negatively to the stress and challenges at your workplace
- You would like to improve on your attention skills for better task management
- You would like to develop emotional intelligence and resilience for better work performance
- You would like to improve your work productivity and nurture your confidence at work

What to Expect from the Program:

This program consists of eight weekly sessions (about 2.5 hours per session) as well as an all-day retreat, and is taught by an approved facilitator in a group setting. Class sizes are kept small (usually not more than 12-15) to maximize the effectiveness of facilitation and group learning.

Mindfulness techniques taught in the program include formal and informal practices of observing our body, breath and thoughts, as well as gentle stretching movements. The learning process also includes group discussions and some didactic teaching, all of which are exceptionally important to the participant's learning in the program.

Mindfulness in the program is taught in a safe environment emphasizing self-care and the cultivation of moment-to-moment awareness, a non-striving attitude, non-judgmental acceptance, as well as self-compassion.

The program is designed to encourage active participation and commitment to practice, and so participants are required to follow up on the home practice assigned to them each week.

Participants who successfully complete the program will receive a certificate of completion.

About the Teacher:

The teacher is expected to guide participants' learning of mindfulness skills through the program, encourage their discovery of connectedness and resilience in the workplace, and conduct meaningful discussions and dialogues within the group to facilitate the learning process. S/he should embody the foundational attitudes of mindfulness and be able to take care of the group's safety as well as address boundaries of trust and confidentiality. It is important to note that the MBSR teacher should not assume the role of a therapist or counsellor in the program.

The program will be taught by Erin Lee, Founder and Mindfulness Coach of Mindful Moments Singapore. She is a Certified MBSR Teacher as acknowledged by the Mindfulness-Based Professional Training Institute (MBPTI) of the University of California San Diego (UCSD) Center for Mindfulness to conduct and deliver the classic Mindfulness-Based Stress Reduction (MBSR) Program. Erin completed the UCSD School of Medicine's Mindfulness-Based Stress Reduction Teacher Training Intensive as well as Advanced Teacher Training Intensive for MBSR and MBCT Teachers in California. Erin is trained to teach the .b mindfulness program to teenagers and young adults as recognized by the Mindfulness in Schools Project. Erin conducts mindfulness training for corporate clients and organizations, and is also an experienced Certified Hypnotherapist, Master Hypnotist, HypnoCoach® and Master NLP Practitioner.