



AVENTIS
LEARNING GROUP

Corporate Mental Wellness Programme

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Introduction



Work-related stress is an all-too-common part of modern life. The rise of digital media and instant messaging means that many of us never really “switch off” from work and the culture of presenteeism causes us to spend more time at work than ever before. Many of us spend so much time thinking over stuff that has happened or worrying over things that might happen in the future, that often we actually forget to appreciate or enjoy the moment.

Mindfulness is a method for helping us Focus on the Present, bringing our attention back to experience life as it happens and unfolds. Mindfulness is a scientifically proven practice that helps us cope with everyday challenges and difficult times. The practice of mindfulness has also proven to be highly beneficial for our physical and mental wellbeing.

Growing Practice of Mindfulness Practice in Singapore

Mindfulness practice is becoming more relevant in Singapore with the increasing challenges we face in both our personal and professional lives. Mindfulness has a positive impact on improving wellbeing as well as reducing stress, anxiety and other life challenges. Modern research has found that by practicing mindfulness one can move away from negative thoughts about the past and the future and remain positively aware in the present moment.

Introduction

How can Mindfulness Help Me?

Thousands of scientific researches prove that the practice of mindfulness enhances mental and physical wellbeing. Anxiety, stress, depression and irritability have been found to decrease with regular mindfulness practice. Improvements in memory as well as mental and physical stamina have also been found. Research also proved that mindfulness can reduce pain dramatically and regulate emotions. Improvements in Emotional Intelligence, working memory, creativity and attention span have also been recorded. In brain scans, it was shown that grey matter in areas associated with positive emotions increased and also with empathy, self-control and attention. Apart from these many other benefits have also been reported as a result of mindfulness practice.

A 1-Day Mindfulness @ Work Discovery Workshop

Amidst all the current hype over mindfulness, it is all the more necessary to gain true understanding of this practice through directly experiencing it. This structured and highly experiential one-day course introduces you to the foundations of mindfulness and mindfulness skills applicable to both the workplace and personal life. It aims to help you build mental muscles and become more resourceful, robust and adaptive in face of stress. You will primarily be taught to turn your attention inwards to observe and gain awareness of your internal environment, thus developing better understanding of the way you are living your life, and how you might improve it for better work performance and greater wellbeing.

Learning Outcomes

This Mindfulness at Work workshop reveals how the practice of mindfulness, the ability to focus our attention on what 'is' rather than be distracted by what 'isn't' can be a powerful antidote to the distractions and stresses of our modern lives, especially our working lives.

By the end of this workshop, you will learn to:

- better manage your stress
- become more productive
- improve your decision-making skills
- enjoy better relationships with your colleagues
- work more creatively
- develop your leadership skills, and
- generally, enjoy your work more



Course Outline

- What Is Mindfulness? What Is Not Mindfulness?
- Mindfulness vs. Mindlessness
- How mindfulness skills can improve your wellbeing and work performance
- The impact of the autopilot mind, and how mindfulness can safeguard the mind against distractions.
- The importance of present-moment awareness and train attentional flexibility for better focus
- Observe the nature of the mind and body, and develop greater awareness of your thoughts, emotions and body sensations
- Gain insight into how stress reactivity affects your work performance and life, and how to change your relationship with stress
- Learn how to easily incorporate mindfulness practice into your day-to-day life at work and at home

Course Details



1 Day
9am - 5pm (Classroom)
9.30am - 4.30pm (Virtual)



Classroom at Holiday Inn Orchard City Centre OR Aventis Campus
Virtual via Zoom



(65) 6720 3333
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\$635 Before GST



Trainer's Profile



Founder and Mindfulness Coach of Mindful Moments Singapore, Ms Erin Lee

Erin Lee is 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 research-based 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 mindfulness program to adults and business executives across the region. Erin is also trained to teach the 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 polytechnic lecturer.

Testimonials

"I took Erin's MBSR (Mindfulness Based Stress Reduction) Program in July 2016. I enjoyed every class I attended over the eight weeks and learned a lot about mindfulness practice, including how to observe my inner thoughts and emotions. I was already practicing some meditation before, but taking Erin's MBSR program really opened my eyes to the reality of my inner experience and the root causes of my stress. Erin is a very calm and inspiring mindfulness teacher; she constantly encouraged me to approach each experience with curiosity and patience, which was really helpful for me in learning not to judge or criticize myself so much. After completing the program, I am a lot more aware of myself, and also more grounded in the present moment. Erin is truly an authentic, proficient teacher we can learn mindfulness from."

- Joannathan Lim, Illustrator and Graphic Design Consultant

"Erin is the first mindfulness practitioner I've ever met and she has impressed me with her passion for advocating this practice - especially during a time when it was not widespread. Her dedication to coaching individuals from all walks of life in the simplicity and symbolism of mindfulness is inspiring. Erin has a gift for bringing out the best in clients she has coached, with a gentle, firm, knowledgeable and enlightened disposition. I have faith that she will continue to exude light in her calling."

- Dawn Foo, Education and Career Guidance Counsellor

Testimonials

“Erin was the teacher of the 8-Week Mindfulness-Based Stress Reduction (MBSR) Program that I took. I found her to be very skilled in teaching the mindfulness training program, pacing each class well and facilitating our practice of self-awareness and self-discovery effectively. It is important that the teacher creates a safe, non-judgmental space for learning mindfulness, and Erin was able to offer that to her participants. She always invited us to be gentle and kind to ourselves as we engaged in the various practices. She embodies the patience, openness, and compassion that every mindfulness teacher should have. I enjoyed Erin’s MBSR program very much and it was overall a very enriching experience for me. If you’re considering mindfulness training for yourself, I encourage you to connect with Erin.”

– Ameesh Randeri, Vendor Manager, Project & Program Manager

