

Course : Mindfulness meditation, gaining serenity.

Well-being through mindfulness

Practical course - 2d - 14h - Ref. SIQ

Price : 1610 CHF E.T.



The practice of mindfulness meditation is a highly effective tool for managing stress and preventing burnout. This training course will introduce you to meditation and help you improve your daily well-being at work.

Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Discover the benefits of mindfulness meditation
- ✓ Practicing mindfulness meditation
- ✓ Adopt a strategy adapted to your state of fatigue and your needs
- ✓ Managing stressful or emotionally uncomfortable situations

Intended audience

Anyone wishing to use meditation to better manage stress and increase well-being at work.

Prerequisites

No special knowledge required.

Practical details

Hands-on work

Self-diagnosis, practice of various meditations followed by a group debriefing.

Teaching methods

Self-diagnosis, practice of various meditations followed by a group debriefing.

Course schedule

PARTICIPANTS

Anyone wishing to use meditation to better manage stress and increase well-being at work.

PREREQUISITES

No special knowledge required.

TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more.

Participants also complete a placement test before and after the course to measure the skills they've developed.

1 Meditation, a practice validated by neuroscience

- Meditation and preconceived ideas.
- What is mindfulness meditation?
- How does meditation reduce stress?
- Formal and informal meditation practices.
- The 7 qualities developed by meditative practice.
- Meditation validated by neuroscience.

Hands-on work

Meditation: recognition of autopilot mode.

2 Getting out of mental rumination

- Consciousness on autopilot.
- Breathing and anchoring to refocus attention in the present moment.
- Develop direct, experiential knowledge.
- Adopt the right meditative posture to practice meditation.
- Develop the ability to respond rather than react to what happens.
- Perception of body sensations.

Hands-on work

Meditations to gather the scattered mind.

3 Embracing emotions through meditation

- The dynamic "thoughts, emotions, sensations, behaviors and reactive tendencies".
- Recognize and welcome your emotional experience.
- Position yourself differently in the face of life's changes and events.
- The difference between judgment and non-judgment.
- Identify your mental patterns to gain freedom.

Hands-on work

Meditation workshops to experience the dynamics of "thoughts, emotions, sensations, behaviors".

4 Taking care of yourself

- Develop a caring relationship with yourself.
- The beneficial balance between its various activities.
- Recognizing and listening to your needs through meditative practice.
- Welcome an emotionally uncomfortable situation to better respond to it.
- Mindfulness at work: how to practice it every day?

Hands-on work

Personal assessment of the balance between the "resourcing" and exhausting activities of our daily lives, followed by a collective reflection. Meditation: developing self-kindness.

5 Drawing up a personalized action plan

- Drawing up an action plan to gain peace of mind.
- Integrate mindfulness into your professional and personal life.

Hands-on work

Drawing up an individual action plan.

TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at psh-accueil@orsys.fr to review your request and its feasibility.

