



mindfulness@work

for managers and frontline workers

The ancient wisdom behind mindfulness combines with the latest research on neuroplasticity and thinking from leaders in the business world. Clearer thinking, the ability to make calm, considered decisions and freedom from feeling overwhelmed by a seemingly never-ending workload are just some of the benefits that a practice of mindfulness can bring to the workplace.

Forward-thinking people in business and institutions are becoming increasingly aware of the benefits of mindfulness training. According to the psychologist Daniel Goleman, being mindful “is now the yardstick by which pioneering organisations and their leaders are being judged. Today’s leaders not only have to be emotionally intelligent, but also mindful.”

Meet the trainer



Mindfulness coach Charlotte Thaarup gives you the foundation for starting to integrate mindfulness into work life. You will also gain specific skills to train attention span, calm down and reduce being overwhelmed, as well as practical mindful skills for running meetings, emailing and time (self) management.

Charlotte is an internationally experienced Clinical Mindfulness Consultant who facilitates mindfulness-based workshops both locally and internationally. She is trained in Jon Kabat-Zinn’s Mindfulness Based Stress Reduction (MBSR) as well as Mindful Eating (MBEAT), Corporate Based Mindfulness Training (CBMT) and Big Mind.

Mindfulness training supports the development of a more effective, productive, creative and peaceful workplace and dramatically reduces levels of stress in the work environment. Stress is believed to trigger 70% of visits to the doctor and 85% of serious illnesses. Thus, when you consider that stress in the workplace reduces productivity, increases management pressure, severely restricts workers’ creativity and interferes with job satisfaction, investing in mindfulness training could be one of the most cost effective decisions you make all year.

Participants at this workshop become eligible to attend Charlotte’s Mindful Leadership follow-on 1-day workshop, invitation issued after registration for mindfulness @ work. Charlotte combines mindfulness with the most researched and powerful leadership material in the world, The Leadership Challenge and the Strength Deployment Inventory.

Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

For further information
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“Based on the 2,600 year-old tradition of Buddhist meditation, mindfulness is not new or New Age. What is new is bringing its potential to the offices and conference rooms of businesses and corporations.”

Pamela Weiss, Founder of Appropriate Response



Crisis Support. Suicide Prevention.