

Mindfulness at Work

Overcome challenges,
revitalise wellbeing, and improve
performance and leadership
with mindfulness.

The use of mindfulness in the workplace is growing. With large, forwarding-thinking companies like SAP and Google teaching and encouraging mindful practices amongst their employees. What are these practices, and how can you use this approach to navigate business environments?

Evolve with QUTeX

Participants will be introduced to mindfulness, the neuroscience behind the practice, and how to initiate mindfulness in the workplace. Through practicing several approaches to mindfulness, participants will learn how to start a practice, use mindfulness to overcome challenges, and design mindfulness programs within their own organisational context.

Core concepts

This one-day workshop covers a range of topics, including:

- What is mindfulness?
- Why is mindfulness attracting so much attention in organisations like Google, SAP, Medtronics and Intel?
- The neuroscience of mindfulness.
- How mindfulness relates to emotional intelligence.
- Use of technology to support mindfulness practice.
- How to embed mindfulness into an organisation.
- Participants will get the opportunity to practice several different approaches to mindfulness.

Who should participate?

This one-day workshop is for individuals from all sectors with interest in applying mindfulness to encourage leadership, wellbeing, and success.

Your expert facilitators Rachel Collis & Dr Brett Heyward

Rachel Collis

Rachel is an experienced executive coach and facilitator who teaches negotiation skills on the QUT EMBA program. She has a background in medicine and psychiatry and is particularly interested in evidence-based approaches to leadership development.

Dr Brett Heyward

Brett is an experienced CEO and Senior Executive, and is currently an Adjunct Professor with the Graduate School of Management, QUT, where he teaches leadership and entrepreneurialism. Brett is keenly interested in the growing application of mindfulness in work settings, and participates in the research community looking at the topic.



Duration: 4 Virtual Sessions



Certificate of Participation



Cost: From \$595

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Web: QUT.edu.au/QUTeX

Phone: 07 3138 7733

Email: qutex@qut.edu.au

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Cost

Early Bird registration	\$595 (inc. GST)
Standard registration	\$660 (inc. GST)
QUT Alumni / Staff registration	\$495 (inc. GST)
Group registration (5 or more)	\$595 per person (inc. GST)