



# Mindfulness

## IN THE WORKPLACE

A selection of courses to create a more grounded, less stressed workforce

**AWARE, the depression charity for Northern Ireland, offers a range of mindfulness programmes which can be tailored to suit your organisation's requirements. These can contribute to your Employee Assistance Programme (EAP).**

**Mindfulness teaches us to be fully aware of the present moment and our surroundings whilst not becoming overwhelmed by emotions or stress.**

Practising mindfulness in the workplace can promote many benefits, including reducing workplace stress and anxiety while increasing motivation, performance, and job satisfaction and improving workplace relationships.

### Options include:

- 1-2 hour 'Introduction to Mindfulness Practice' programmes
- Stress reduction mindfulness sessions
- Tailored 6-8 week workplace mindfulness programmes
- Workshops available for staff wellbeing days



**For more information, please email [training@aware-ni.org](mailto:training@aware-ni.org)**

**AWARE NI is the Depression Charity for Northern Ireland**

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OVERCOMING DEPRESSION.  
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