

# Implementing Mindfulness

**Category:** Workplace Fundamentals | **Vendor:** Leadership & Professional Development

**Duration:** 8.00 hours (1 days)

**6.5 CPD Hours**

**Rating:** ★ 4.6 (5,878 reviews)

## Course Information

**Delivery Format:** Instructor Led - Online

## Course Overview

Stress and burnout can stop us from doing our best work. Every day, we face changing workplace dynamics that have left many of us routinely exhausted or withdrawn, resulting in strained relationships and lower productivity. Implementing mindfulness has never been so important, giving us the tools and resources to feel our best. This course provides evidence-based techniques that address your mental wellbeing from the inside out. This means reducing stress and avoiding burnout - and that means better focus, more effective teamwork, and higher performance.

## About This Course

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# Learning Outcomes

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**Upon successful completion of this course, participants will be able to:**

Recognize the direct link between emotions and behavior Understand how to observe reality without making judgments Identify different thought patterns and distortions Demonstrate how to navigate thought patterns to increase decision-making and problem solving. Apply a balance of resilience and compassion for self and others

## Additional Course Details

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Nexus Humans Implementing Mindfulness training program is a workshop that presents an invigorating mix of sessions, lessons, and masterclasses meticulously crafted to propel your learning expedition forward.

This immersive bootcamp-style experience boasts interactive lectures, hands-on labs, and collaborative hackathons, all strategically designed to fortify fundamental concepts.

Guided by seasoned coaches, each session offers priceless insights and practical skills crucial for honing your expertise. Whether you're stepping into the realm of professional skills or a seasoned professional, this comprehensive course ensures you're equipped with the knowledge and prowess necessary for success.

While we feel this is the best course for the Implementing Mindfulness course and one of our Top 10 we encourage you to read the course outline to make sure it is the right content for you.

Additionally, private sessions, closed classes or dedicated events are available both live online and at our training centres in Dublin and London, as well as at your offices anywhere in the UK, Ireland or across EMEA.

# Frequently Asked Questions

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## **Q: What delivery options are available for Implementing Mindfulness?**

We offer multiple delivery formats:

- Live Instructor-Led Classroom Online (Virtual/Live Online)
  - Traditional Instructor-Led Classroom Training (ILT)
  - On-site delivery at your offices anywhere in United Kingdom
  - Private dedicated courses customized for your team
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## **Q: How many CPD hours does this course provide?**

The 1-day Implementing Mindfulness course provides up to 6.5 CPD hours of structured learning. CPD certificates can be provided upon request.

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## **Q: What is the duration of the Implementing Mindfulness training?**

The training takes place over 1 day(s), with each day lasting approximately 8.00 hours including breaks for lunch and refreshments.

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## **Q: Do you provide corporate training for Implementing Mindfulness?**

Yes, we provide corporate training, dedicated training, and closed classes for Implementing Mindfulness. Training can take place anywhere in United Kingdom including London, Manchester, Birmingham, Edinburgh, or live online allowing teams from across United Kingdom or internationally to attend.

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## Q: Why choose Nexus Human for Implementing Mindfulness?

Nexus Human is recognized as one of the leading training providers. Our trainers have won multiple awards including:

- Small Firms Best Trainer Award
- National Training Partner of the Year (Ireland) - Multiple Years
- Global Top 30 Instructor Awards (2012, 2019, 2021)
- Tech Excellence Award Nominations
- Learning Performance Institute (LPI) External Training Provider Sponsor 2024

## Q: Are there any discount codes available?

Yes! Use discount code **PENPAL5** when booking your Implementing Mindfulness training. Please note that only one discount code can be used per booking and cannot be combined with other special offers.

# Nexus Human

## Professional Training & Development

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