

MINDFULNESS FOR BUSINESS

FOCUS ON WHAT MATTERS



Attention programme
designed to enhance **performance**

Be Mindful offers **two programmes** firmly focused on producing improved outcomes for individuals, the team and the **company** as a whole.

These two programmes promote the greater **effectiveness** of all those within a company. They allow improvements to be made in work and **organizational practices**, **stress** management methods, and the effectiveness of professional **interactions**. They provide a clear overview of your cooperation and/or leadership style, as well as your **impact** on performance and the individuals around you.

A SPACE FOR LEADERSHIP



Leadership development
programme

An approach based on the MBSR programme

Created in 1979 by Jon Kabat-Zinn, a doctor in molecular biology, the Mindfulness Based Stress Reduction programme has been undertaken by more than 23,000 people around the world since its creation. Séverine Barbette, who designed and delivers the Be Mindful programmes, is a qualified MBSR instructor and co-founder of the HR firm, Qualia Consulting. The programmes are **firmly focused on applying the benefits of mindfulness to the professional world**.



BENEFITS

A **VIRTUOUS CERCLE**
WITHIN ORGANIZATIONS



Improve self-awareness and awareness of others.

Identify and mobilize potential and skills around you with consideration.

Understand and support change.

Acknowledge your emotions and stop reacting instinctively under pressure.

Develop self-confidence and increase your influence.

Improve decision-making, gain perspective.



Be Mindful | BY
QUALIA
CONSULTING

DURATION



8 sessions of 2 hours
and a **full day**

STRUCTURE



An **information** session

8 weekly sessions of 2 hours and one full-day practical workshop (between sessions 6 and 7). These take place in groups, during which practical exercises alternate with discussion of this practice.

INTERESTED ?



ASK FOR A QUOTE

Contact **Severine Barbette**

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PARTICIPANTS



Up to **16 participants** per group

Session 1

Respirer - Performance breaks
Mindful working

Session 2

The body - Mindfulness in daily tasks
Managing e-mails

Session 3

Limits - Learning zone
Setting objectives

Session 4

Le stress - Addiction to action
Planning

Session 5

Respond instead of reacting - (Self-)criticism
Creativity

Session 6

Communication - Non judgment
STOP & ACT

Session 7

Influence - Control zone

Session 8

Vision - What really matters - Change

REQUIREMENTS



The active presence of participants at all sessions is essential. In addition, participants commit to daily meditation practice at home for between 10 mins and 1 hour with the aid of recordings. A manual is provided to aid personal reflection throughout the programme.



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