

Professional Workshops



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Wellness

Topics

The customizable workshops can include some of the following topics:

- What is mindfulness?
- Introduction to Mindfulness Meditation
- Mindfulness in the Workplace
- Mindfulness for Mental Health
- Mindfulness for focus, self-awareness, and emotion regulation
- Mindfulness to increase resilience

Overview

These highly interactive workshops bring mindfulness expertise and experiential learning to your organization. Participants will learn tools, techniques, and tips to increase their effectiveness and engagement at work and other areas of their lives.

- **1-hour workshop** provides your organization with an introduction to the practice of mindfulness and its applications both professionally and personally
- **2-hour workshop** gives your organization an overview of the theories & applications of mindfulness
- **Full-day workshop** further develops the introductory concepts and applications of mindfulness, incorporating a wide variety of foundational mindfulness practices
- **A customized workshop** (various delivery options) can be tailored to your team!



Customized Wellness Workshops for Community Organizations

The workshops are specifically designed to support Not-for-Profit Community Organizations involved in the Care of Vulnerable Populations. Let us help you so that you can continue to help others.

Please get in touch with Natanya Mandel for more information:
nataya.mandel@mindfulnesseveryday.org.



Becoming Certified



Format

12 hours of in-person, hands-on, and experiential instruction divided over four, 3-hour modules from a certified Mindfulness Everyday Instructor. This includes slides, facilitator notes, facilitation principles, handouts, worksheets, options for customization, training fidelity, session ratings, and how to get certified.

Overview

12-hour delivery of our complete Professional Wellness Workshop curriculum and mentoring:

- Comprehensive overview of mindfulness and its impact on stress, trauma, the brain, wellness, and resilience
- Facilitated experiential mindfulness-based practices including meditation, breath awareness work, gentle mindful movement, and group activities
- Trauma-informed curriculum and practices that incorporate equity, diversity, and inclusion (EDI aware)
- Instructor resource manual with a full breakdown of the

course, including comprehensive resources, scripted practices, and group activities to choose from

- The opportunity to engage in teach-backs, to practice delivering the curriculum peer to peer, with meaningful feedback from our trained faculty

Certification

A certificate will be presented to participants who complete the 12-hour training.

- Certificate allows you to present this 1.5-hour workshop ONLY at your organization of employment
- Attendance at the 12-hour train-the-trainer workshop required
- Provide a resource manual from Mindfulness Everyday for each participant attending in-house workshops.
- Facilitate at least one training a year to maintain certification.

