

# BE MINDFUL

## Improving Mindfulness Workshop

Mindfulness is a term that is frequently used but rarely defined. Practicing true mindfulness encourages living in the present while it addresses the danger of distorted thinking, staying in tune both mentally and emotionally improves perspective to enhance personal a professional success.

With our Improving Mindfulness workshop, your participants will begin to identify their own patterns of thinking. As they learn to practice mindfulness, they will cultivate positive emotions that will have a dramatic effect on the work environment.

### Workshop Objectives:

- Define mindfulness
- Develop techniques to make oneself more attuned to the present moment
- Understand the value and utility of one's emotions
- Learn how to identify and counter distorted thinking
- Learn how to cultivate genuine positive emotions
- Become more fully present in social interactions

For more information or to reserve your spot in this workshop, please contact:

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Bare Attention

Psychological Concept of Mindfulness

Memory

Case Study

Module Two: Review Questions

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Case Study

Module Three: Review Questions

### **Module Four: Emotional Intelligence**

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Case Study

Module Four: Review Questions

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Case Study

Module Five: Review Questions

### **Module Six: Cognitive Distortion (II)**

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Case Study

Module Six: Review Questions

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Case Study

Module Seven: Review Questions

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### **Module Nine: Cultivating the High**

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Module Nine: Review Questions

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**Module Eleven: Mindfulness and Leadership**

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Case Study

Module Eleven: Review Questions

**Module Twelve: Wrapping Up**

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