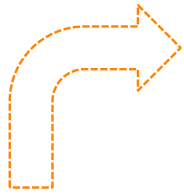


# THE BENEFITS OF MINDFULNESS IN THE WORKPLACE

*evidence tells us that mindfulness training is a great tool to manage work related stress and increase resilience to work pressures*

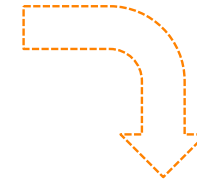
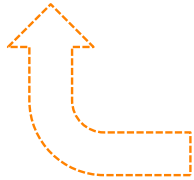
## MINDFULNESS

*pays attention to thoughts, feelings and body sensations to become directly aware of them, and better able to manage them*



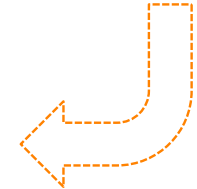
## WELLBEING

*overall improvement to general wellbeing with better sleep, decreased low mood, increased happiness and calm*



## COGNITIVE FLEXIBILITY

*improve concentration, focus, communication skills, creativity, decision making and leadership capability*



## STRESS MANAGEMENT

*increase resilience avoiding burnout, decrease feelings of being overwhelmed and stressed*