

## **The Mindfulness for Life 8 week programme**

### **8 x 2 ½ hour sessions, plus the option of one full day off-site retreat (10am to 4pm)**

Every organisation can benefit from encouraging mindful working. Being mindful at work reduces stress and absence, increases performance, and enables people to perform at their best. The benefits of mindful working are felt by everyone, staff, customers, and our wider communities.

#### **Session 1 – Discovering the Present Moment**

In this session, participants are introduced to the course, and to what mindfulness meditation is.

*Objectives:*

To practice the bodyscan, and a short breathing meditation

*Homework:* Practice the bodyscan once a day

#### **Session 2 – Everything is Mindfulness**

The focus of this session is integrating mindfulness into our everyday life. The Stop-Look-Listen practice will be introduced, as well as further practice with the bodyscan.

*Objectives:*

To bring mindfulness into any activity in daily life.

To apply the Stop-Look-Listen practice into daily, and working life.

*Homework:* Practice present moment awareness once a day. Practice the Stop Look Listen exercise several times each day.

#### **Session 3 – Discovering Embodiment**

In this session, the emphasis will be on mindfulness of the body. We will introduce mindful movement, mindful sharing, and mindful listening.

*Objectives:*

To practice mindful listening, mindful movement and mindful sharing.

*Homework:* Practice mindful movement and mindful walking once a day.

#### **Session 4 – Learning Acceptance**

Bringing awareness to our feelings and emotions enables us to make the choice to change our relationship to them. Rather than being controlled by our feelings, we can cultivate a non-reactive awareness of them.

*Objectives:*

To engage in four practices: mindfulness of breathing, mindful eating, mindfulness of feelings, and mindful sharing.

*Homework:* Practice mindfulness of feelings once a day. Bring mindful awareness to one meal a day.

The **Development** Company

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## **Session 5 – Self-compassion**

The focus of this session is cultivating kindness and care towards difficult experiences.

*Objectives:* To apply a structure to bring awareness to difficult emotions

To apply loving kindness meditation to our practice

*Homework:* Practice self-kindness once a day. Practice mindfulness of difficult emotions once a day.

## **Session 6 – Nourishing Happiness**

In this session, we will explore a model of the mind, and how mindfulness can nourish positive mental and emotional capacity.

*Objectives:*

To practise a phrase-led meditation – another tool for our own practice

To apply the two-level model of the mind to connect with the conditions of happiness, and nourish our wellbeing

*Homework:*

Practise a phrase-led meditation once a day. Practice the nourishing happiness guided meditation once a day.

## **Optional One Day Retreat** (usually between sessions 6 and 7)

A retreat day will enable your staff to fully embrace a day of mindfulness. It is essential that the venue is off-site, and located in an area of natural beauty. We can advise on location. If participants need to travel far to the retreat venue, we suggest paying for them to stay overnight the night before, and on the day of the retreat, to allow them time to fully immerse themselves into the day. The day will introduce mindful eating in silence, something the weekly sessions do not incorporate. The day involves mindful movement, mindful walking, a loving-kindness meditation, and a sharing circle.

*Objectives:*

To rest, free from distractions, for one day

To enjoy, experience, and live a day of retreat from the norm

To experience silence and stillness

## **Session 7 – Letting Go**

In this session, we will engage in reflective writing to explore what habits of consumption and action we have in our lives, and whether these habits nourish or deplete us.

*Objectives:*

To reflect on our lifestyle habits, and whether they nourish, or deplete, our wellbeing

To practice mindfulness of the mind, and explore our relationship to thoughts and perceptions

*Homework:*

Practice phrase-led and loving kindness meditations 3 times each before our final session

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## Session 8 – A Mindful Life

In this session, we will focus our attention on the future – how we can go forward with our practice, living a mindful life. We will enjoy a phrase-led meditation, and a loving kindness meditation.

### *Objectives:*

To explore ways to continue incorporating mindfulness into our everyday lives.



[Kay Buckby](#) completed a one year programme to enable her to deliver the ‘Mindfulness for Life’ programmes. Kay has practiced mindfulness for nearly 15 years, however the one year programme has transformed her life.

[The Development Company](#) delivers the *Mindfulness for Life* Programme as 8 x 2½ hour sessions, usually weekly. Contact Kay if you would like to discuss how this programme can work for your organisation.

Click throughs that may be useful to you:

<https://www.thedevco.com/mindful-speech/>

<https://www.thedevco.com/what-makes-you-happy/>

<https://www.thedevco.com/meditation-weight-cheese-back/>

<https://www.thedevco.com/time-management-mindfulness/>

<https://www.thedevco.com/living-a-positive-life/>

Kay Buckby writes a series for Training Zone called [The Mindful Trainer](#):

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