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Simon Michaels

Mindful Work, UK

How mindfulness training can be adapted for busy people in stressed working environments

Today's workplace is an increasingly challenging environment. Stress is at epidemic levels and now the top reason for absence. HR managers have to both nurture employee wellbeing and support people to work at their best. Few organizations can afford for employees to be off work or to have unhappy teams with a potentially detrimental effect on customer service and profitability. We need effective stress reduction programs that encompass organizational values, promote wellbeing and improve productivity. Mindfulness has been proven to be highly effective in reducing stress, improving focus, and helping people get on better together. But many wonder if it will suit their workplace, whether it's all a bit new-age, or whether busy people have the time to do the exercises. These are all very good questions. The author has developed a unique training program designed for busy professionals, using a little-and-often approach that uses practical mindfulness techniques to help people cope with anxiety and stress with grounding in value-driven intention.

Biography

Simon Michaels is a Business Advisor and Mindfulness Trainer, who has worked with government agencies, public and private sector organizations and as a Business Coach. He draws on 20 years of experience as a company Director, Consultant and mindfulness Practitioner, designing training programs that address the inherent pressures of the modern workplace.

simon@mindfulwork.co.uk

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