

## Mindfulness – How do I achieve this non-judgmental, contemplative state of being in the here and now?

### Content and goals

In our western culture, there is a tendency to perceive reality and our lives mainly via the intellect. This is not least due to our "Aristotelian upbringing". The paradigm of logic plays a central role here.

With our mindfulness seminars, we want to counteract precisely this behaviour, and to sensitize the participants such that they are able to leave space for their own feelings again and to better listen to themselves.


Although only a few years ago the concept was scoffed at as esoteric, today mindfulness is an integral part of every modern, innovative company. And no wonder: an attentive approach to oneself and others reduces stress, promotes concentration and creativity, and leads to higher satisfaction and productivity.

Participants in our seminars gain deeper insights into the functioning of mindfulness, and learn to experience this value-free, contemplative state in the here and now by means of breathing and meditation techniques.

### Mindfulness is illuminated under the following aspects:

- emotion
- beliefs
- leadership behaviour
- resilience
- communication
- neurobiology

### Techniques and exercises that involve the body include

- breathing exercises
  - centering, balancing
  - meditation
  - empowerment
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## Trainer

Our trainers are specialists in occupational health management or psychologists with many years of professional experience as occupational and organizational psychologists.

## Duration

Lunch Session	1 h: Theory
Workshop	2 h: Theory and practice
Training	4 h: Theory, practice and experience

## Target audience

Executives/management, employees, trainees