

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

Content/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 behavior, 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 behavior
- resilience
- communication
- neurobiology

Techniques and exercises that involve the body include

- breathing exercises
- centering, balancing
- meditation
- empowerment

Trainers:

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

Costs:

Lunch Session	1 h	CHF 750.-
Workshop	2 h	CHF 1'050.-
Training	4 h	CHF 1'250.-

The price includes preparation and handouts. Travel expenses and travel time will be charged additionally at a flat rate of CHF 150.- per event. The offer is valid for ICAS customers. The prices are exclusive of VAT.

Target audience:

Executives/management, employees, trainees

Infrastructure:

The training courses take place in suitable training rooms at your premises.

Contact:

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