

MINDFUL PRACTICES OFFER BENEFITS FOR BUSINESS AND LIFE

- increases our capacity to focus and attend to what is at hand
- fosters deeper listening, which supports better relationships
- reduces negative stress effects and promotes better sleep
- builds better brain functionality to bypass fight/flight/freeze reactions, allowing greater perspective and ease
- regulates reactive impulse control, improving executive functioning
- generates more considered responses and better decision-making
- offers several powerful behavioral tools
- promotes empathy, emotional intelligence, and better conflict-resolution
- strengthens health and overall well-being

SAMPLE TOPICS COVERED IN A MINDFUL BUSINESS COURSE

What is mindfulness? How can it benefit you?

What happens in the mind-body when a stress response occurs?

What can you do when such a response occurs?

Practices that help you get present, calm yourself, and sleep well.

How habits are created in your brain.

How to create habits that serve you better.

Training the mind to focus, so productivity and satisfaction increase.

How mindfulness affects communication and relationships.

How gratitude shapes your life and improves your wellbeing.

How to cultivate mindfulness in ordinary daily life.

THE FACILITATOR

Marcia Rayene is known as a transformational coach with a proven track record of supporting individuals, leaders, and teams. She holds an M.A. in Organizational Psychology from John F. Kennedy University, Pleasant Hill, CA, and is certified in multiple arenas of study.

Her successful OD work inspired her to offer a stand-alone Mindfulness course. Especially designed for professionals at all levels in organizations, extra value occurs when members of different departments attend together. In her coaching practice, Marcia blends mindfulness with her signature methodology. Her own mindful practices include yoga, meditation, cooking, eating, fishing, and Argentinian Tango. You can reach her at: MRayene@innerallybreakthroughs.com or 510-612-1747