



Resilience and Mindfulness

3 external CPD points

Introduction

Mindfulness has begun to take a higher level of importance within organisations today, primarily because of the fast paced nature of our daily lives. The pace we run at prevents us from taking time to be truly in the moment, to be thoughtful and to allow our own neurological thinking patterns to operate at their optimum. It is wrong to consider this branch of self-development as a fad. It has its roots in over 1000 years of practiced wisdom so could hardly be called a fad! The aim of the session is to allow the delegates to learn a few simple, yet powerful techniques that allow them to become more resilient, more efficient and to operate nearer their peak performance levels.

Course Structure

- **2.5 hour interactive webinar**

Dates

- **5th March 2026**
- **Timings: 10:00am-12:30pm**
- **Please use the link to book your place:**
<https://www.eventbrite.co.uk/e/1452942192209?aff=oddtcreator>

Course Objectives

- Apply mindfulness to improve focus daily
- Align performance, learning, and environment consciously
- Reflect using Ribbon and Life Wheels
- Understand and regulate brain-based emotional responses
- Identify and reduce daily performance interferences
- Log feelings to build emotional intelligence