

Maria Brett

The Growing Edge

Mindfulness for Wellbeing

A training program to help leaders and teams improve their wellbeing and thrive in complex and uncertain times.

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MINDFULNESS FOR WELLBEING

Mindfulness has a long history as a spiritual practice in the wisdom traditions. Now, in the 21st century, mindfulness has been extensively researched to demonstrate its effectiveness for improving wellbeing.

There is substantial research confirming the health and mental health benefits of mindfulness. Newer research into mindfulness in the workplace has found it brings a host of benefits, from improved self-regulation, work relationships, and employee resilience, to reduced stress and improved performance.

Mindfulness training with Maria Brett will bring substantial changes to participants' wellbeing, with related improvements in engagement, productivity, and relationships. Mindfulness will also build the resilience needed for individuals and their organisations to face the challenges of the 21st century.



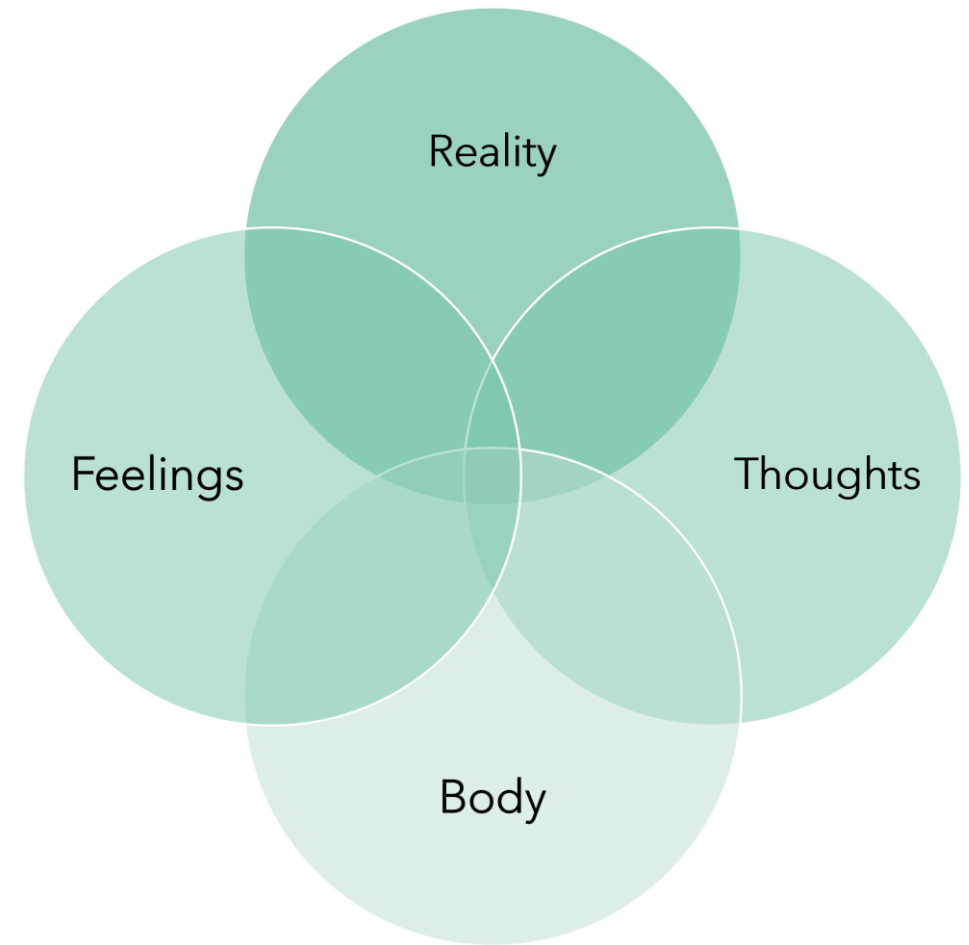
Program Overview

Mindfulness for Wellbeing is a multi-faceted program that supports leaders and teams to improve their wellbeing and thrive in complex and uncertain times.

Participants are trained in the principles and practice of mindfulness, including direct methods such as mindfulness meditation, and indirect methods which involve learning to take mindfulness skills into work and life.

After a Wellbeing Assessment and a Mindfulness Masterclass, mindfulness skills are developed with weekly mindfulness meditation classes. Learning is embedded through group coaching sessions and Individual Wellbeing Plans. There is also an optional 1 or 2-day Mindful Wellbeing Retreat (offsite).

Mindfulness training builds awareness of the Four Foundations of Mindfulness, and supports participants to move from being unmindful to being mindful in these four areas, which can have a transformative impact on participants' work and lives.



The Four Foundations of Mindfulness

The mind is definitely something that can be transformed, and meditation is a means to transform it.

- *14th Dalai Lama*

Meditation could be said to be the art of simplicity: simply sitting, simply breathing and simply being.

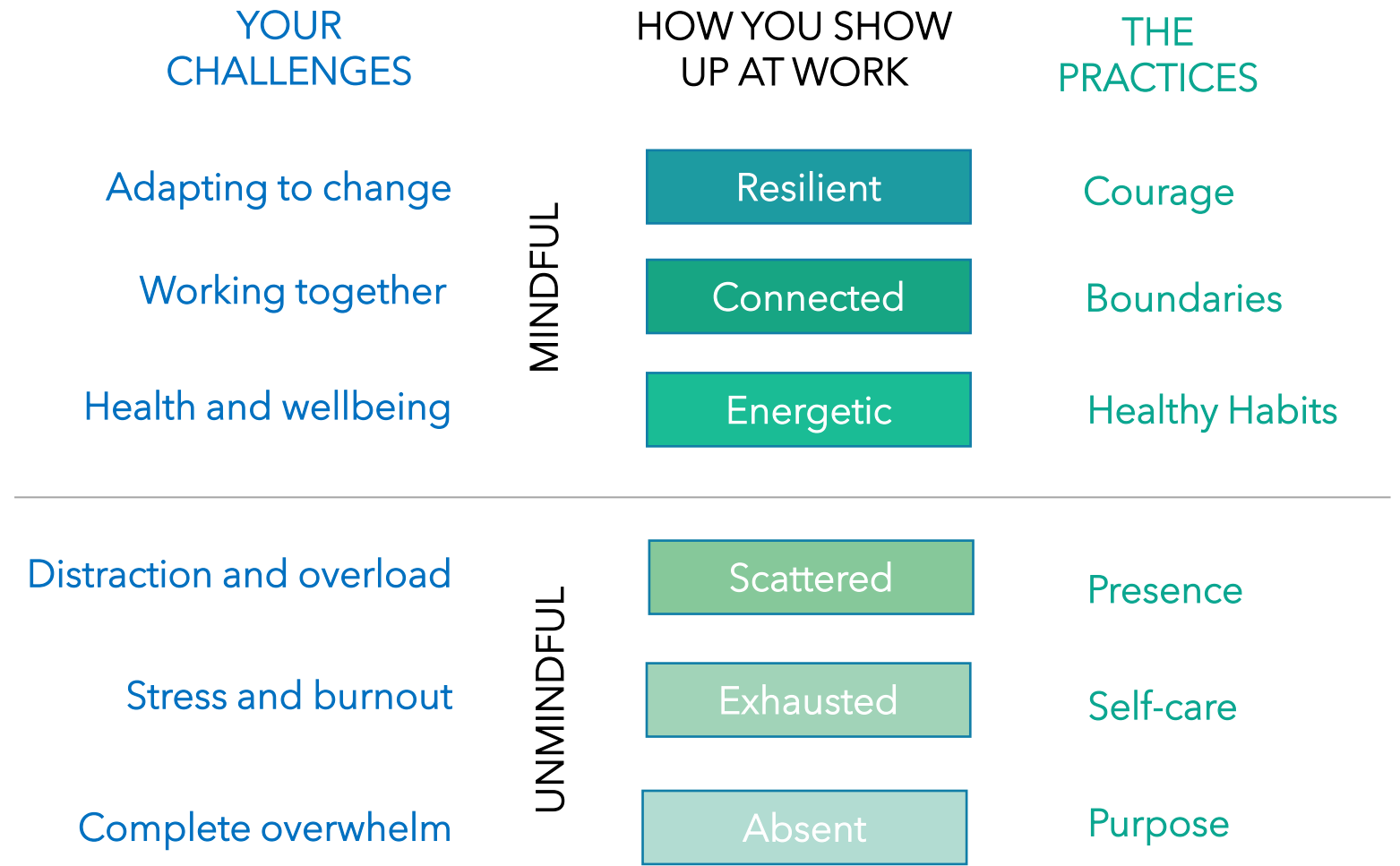
- *Dilgo Khyentse Rinpoche*



The Wellbeing Ladder

MOVING UP THE WELLBEING LADDER

Implementation of the Mindfulness for Wellbeing Program over three months will take participants from complete overwhelm, stress, burnout, distraction, and overload to greatly improved health and wellbeing. This will support leaders and teams to manage stress and burnout, have the energy they need to work productively, connect with others at work while maintaining healthy boundaries, and have the capacity for great resilience in the face of uncertainty and change.





PROGRAM OVERVIEW

Stages of the Mindfulness for Wellbeing Program

YOUR COMMITMENT

The Mindfulness for Wellbeing Program takes place over 3 months
In-person and Zoom options available

Program Inclusions

- Wellbeing Self-Assessment (Online) and Individual Wellbeing Plan
- Mindfulness Masterclass (90 Minutes)
- Weekly Mindfulness Meditation class (12 x 1 hour) integrating learning and practice
- Wellbeing Group Coaching (3 x 90 minutes) to embed learning and implement Wellbeing Plans
- Repeat of the Wellbeing Self-Assessment to review progress
- Optional Mindful Wellbeing Retreat for 1 or 2 days (offsite)

Organisations:

In-house delivery for teams available.
Contact Maria Brett for a quote.

Public program (via Zoom):

Commencing 3 August 2022.
\$1,950 (all inclusive) per person.

ABOUT MARIA BRETT



Maria Brett is a leadership and wellbeing expert who helps others live and lead mindfully - from the inside out - to have an impact that really matters.

Maria has more than 20 years of experience as a leader in the non-profit sector. For ten years, she was CEO of the Counselling and Psychotherapy Federation of Australia where she achieved substantial organisational growth and built a purpose-driven culture based on ethics, resilience and wellbeing.

As a psychotherapist and mindfulness teacher, Maria brings a unique approach to her work as a trainer and coach. She has integrated a lifetime of learning about mindfulness, resilience and leadership, and her own personal growth journey, to design programs to inspire others to grow, both personally and professionally.

Find out more at www.maria-brett.com/about