

Awakened Awareness

Skills for Success



Virtual



7 hours



EGP 2,340

Course Description:

Improving mindfulness is about understanding yourself and being “at the moment”. Your participants will become more mindful of their actions and learn how to express and interpret their present environment. They will create positive connections and increase their self-regulation of attention and personal experiences.

Improving Mindfulness will provide benefits throughout their professional and personal lives. Improving mindfulness through gratitude, filtering, and active listening will give your participants the advantage of seeing things in a new light. This workshop can give your participants an increased recognition of mental events in the present moment which provides countless benefits.

Target Audience:

Anyone from any department & level who’s interested in enhancing their emotional intelligence, reducing stress, and cultivating mindfulness in daily life.

Course Objectives:

By the end of the course, participants will be able to:

- Differentiate between psychological concepts of mindfulness and its practical applications.
- Understand swing emotions and their impact on well-being.
- Analyze common cognitive distortions, such as dichotomous reasoning & magnification/minimization.
- Learn techniques for forming lasting habits related to mindfulness and gratitude practice.

Course Outline:

Module 1: What is Mindfulness?

Session One: Mindfulness Definition

- Buddhist Concept
- Bare Attention
- Memory
- Psychological Concept
- Mindfulness Meditation
- Attention
- Acceptance
- Scanning
- Assignment

Awakened Awareness

Skills for Success



Virtual



7 hours



EGP 2,340

Module 2: Emotional IQ

Session One: What is the Emotional Intelligence

- Purpose of Emotions
- Performance Emotions
- Swing Emotions
- Blue emotions
- Assignment

Module 3: Cognitive Distortion

Session One: Distorted Thinking

- Dichotomous Reasoning
- Magnification and Minimization
- Filtering (Including Disqualifying)
- Jumping to Conclusions
- Destructive Labelling
- Personalizing
- Blaming
- The Tyranny of the Should
- Assignment

Module 4: Mindfulness-Based Cognitive Therapy & Gratitude

Session One: Mindfulness Techniques

- Mental Modes
- Doing Mode
- Being Mode
- Metacognitive Awareness
- What is Gratitude?
- Gratitude Journal
- Gratitude Exercise
- How to Form a Habit
- Assignment

Assessment Strategy:

- 40 % Assignments between sessions
- 60 % Participation
- 60 % Cut off score of total grades which is "100".

Upon Successful Completion of this Course, participants will obtain:

0.5 CEUs

Course Language:

English