



9054



In-Class



8 hours

## Course Description:

Improving mindfulness is about understanding yourself and being “in 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?

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

### Module 2: Emotional IQ

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

### Module 3: Cognitive Distortion

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

### Module 4: Mindfulness-Based Cognitive Therapy & Gratitude

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

## Assessment Strategy:

Participants will be informally assessed based on their interaction during sessions and their participation in group exercises.

## Upon Successful Completion of this Course, participants will obtain:

0.6 CEUs

## Course Language:

English Material  
Bilingual Explanation

## Prerequisites:

N/A