Mindfulness and Skills-Based Consulting for Work and Life

Mindfulness
When incorporated into the workplace, mindfulness – the practice of nonjudgmental attention to the present moment – can create the opportunity for individuals, groups, and organizations to be their most effective. In today’s demanding world, the creation of an intentional organizational culture that supports its employees’ emotional well-being and health will allow for a work environment that is happy, healthy, and productive.

Benefits of Mindfulness
- Increased focus
- Increased productivity
- Increased mental clarity
- Increased working memory
- Increased ability to make better decisions
- Increased listening and communication skills
- Decreased stress and anxiety
- Decreased depression

Mindfulness Offerings
Made accessible and practical through didactic presentations, experiential learning, and interactive group formats, the following mindfulness trainings can enable the cultivation of inner resources for learning, growth, and mastery.

- **Introduction to Mindfulness**
  A brief workshop that provides an overview of mindfulness theory, practice, and its benefits

- **Mindfulness Talks**
  Presentations at meetings or retreats tailored to suit the needs of the group; topics include mindfulness, physiology of the stress reaction cycle, emotional intelligence, effective communication, and skills for managing stress

- **Customized Employee Wellness Programs**
  A multi-week series that provides the foundation of knowledge and practice to enable the application and integration of mindfulness into everyday life; programs can be tailored to meet the needs of organizations across sectors, including finance, technology, health care, education, and the justice system

- **Mindfulness-Based Stress Reduction for the Workplace**
  An 8-week curriculum based on the original mindfulness intervention developed by Jon Kabat-Zinn at the University of Massachusetts Center for Mindfulness in Medicine, Health Care, and Society

- **Mindfulness Training for Leaders**
  Training focused on mindfulness and emotional intelligence to enable the development of resilient, creative, and effective leaders

Skills-Based Services

- **Emotion Regulation Skills**
  Training to understand how emotions impact all aspects of work and develop skills for greater emotional awareness and regulation

- **Communication Skills**
  Training to enhance interpersonal effectiveness through skills designed to support collaboration, conflict management, and persuasive communication

- **Dialectical Thinking Skills**
  Training to develop the capacity for perspective-taking, transcend the limitations of either-or thinking, and enhance creativity and problem-solving skills.

- **Values-based Organizational Philosophy**
  Training to develop an intentional, values-based organizational culture that can achieve your mission more effectively.

The Family Institute at Northwestern University offers several mindfulness and skills-based services to improve workplace performance and satisfaction. To find out what programs would best fit your organizational needs, please contact: Rebecca Bunn, MA, LPC at 847-733-4300 x798 or rbunn@family-institute.org.