

ATI-Mirage presents

HYBRID WORKPLACE OF THE FUTURE SUMMIT 2021

18 AUGUST 2021



ATI-MIRAGE
TRAINING & BUSINESS
SOLUTIONS

Enriching lives, empowering organisations

ATI-Mirage presents

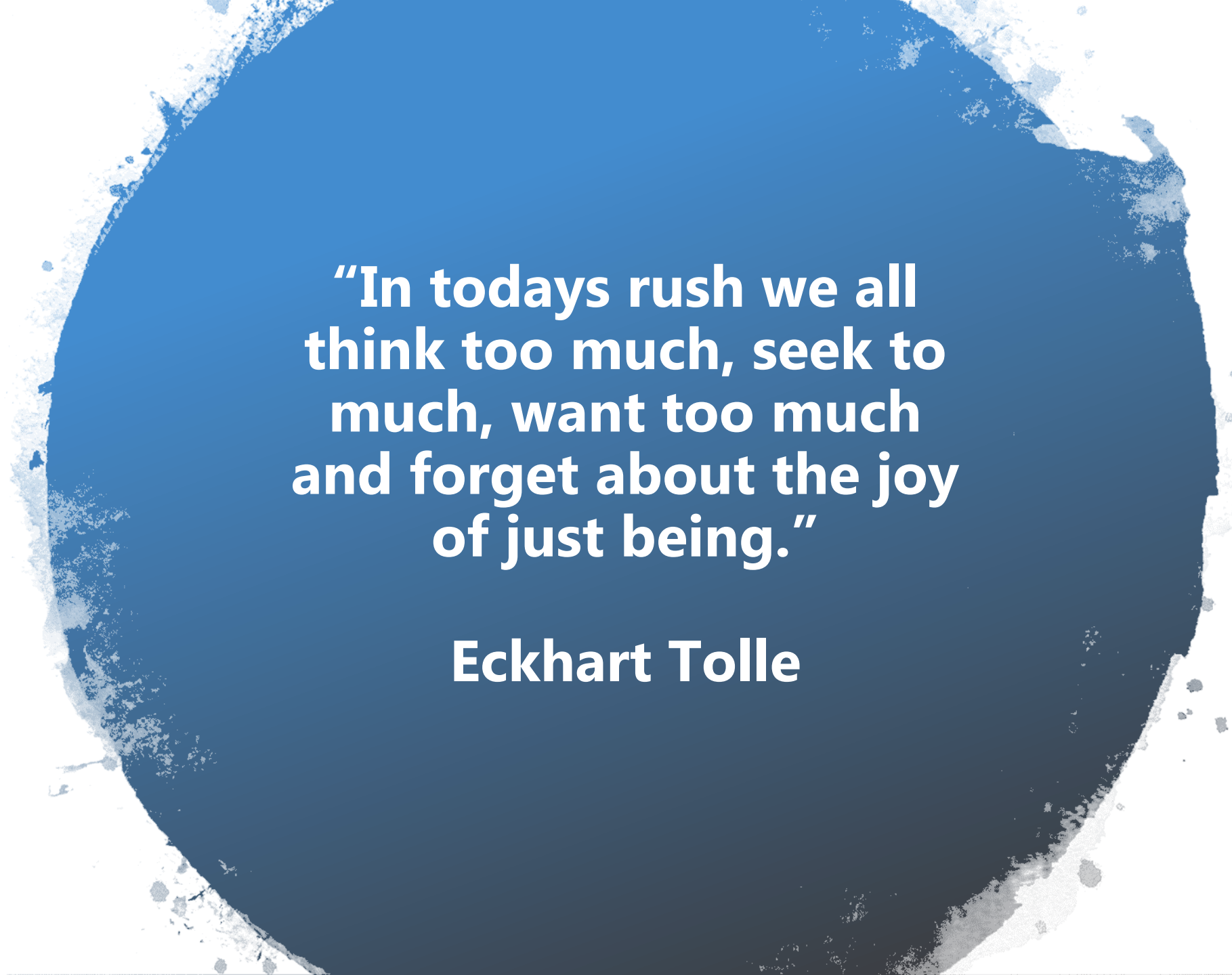
**HYBRID
WORKPLACE**
OF THE FUTURE SUMMIT 2021

Mindfulness

Presented by PHIL HABERLAND

This session...

- Understand mindfulness
- The benefits of mindfulness
- Simple techniques and practices for long term health and wellbeing.



**“In today’s rush we all
think too much, seek to
much, want too much
and forget about the joy
of just being.”**

Eckhart Tolle

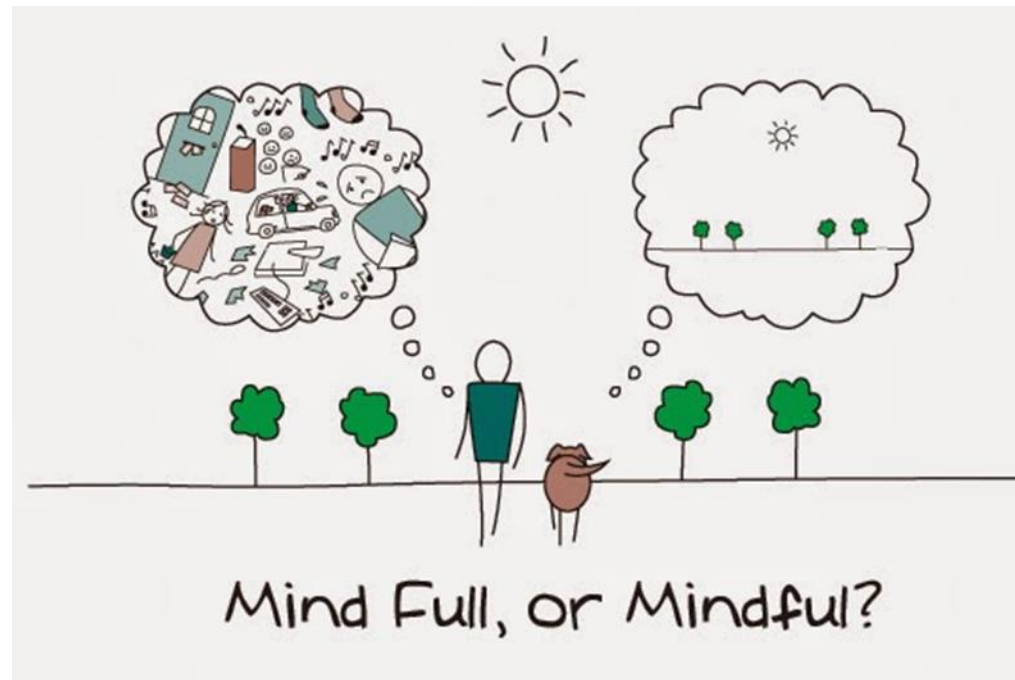
Mindfulness

“Mindfulness is paying attention, on purpose, in the present moment and non-judgmentally; [or in other words,] knowing what you are doing while you are doing it.”

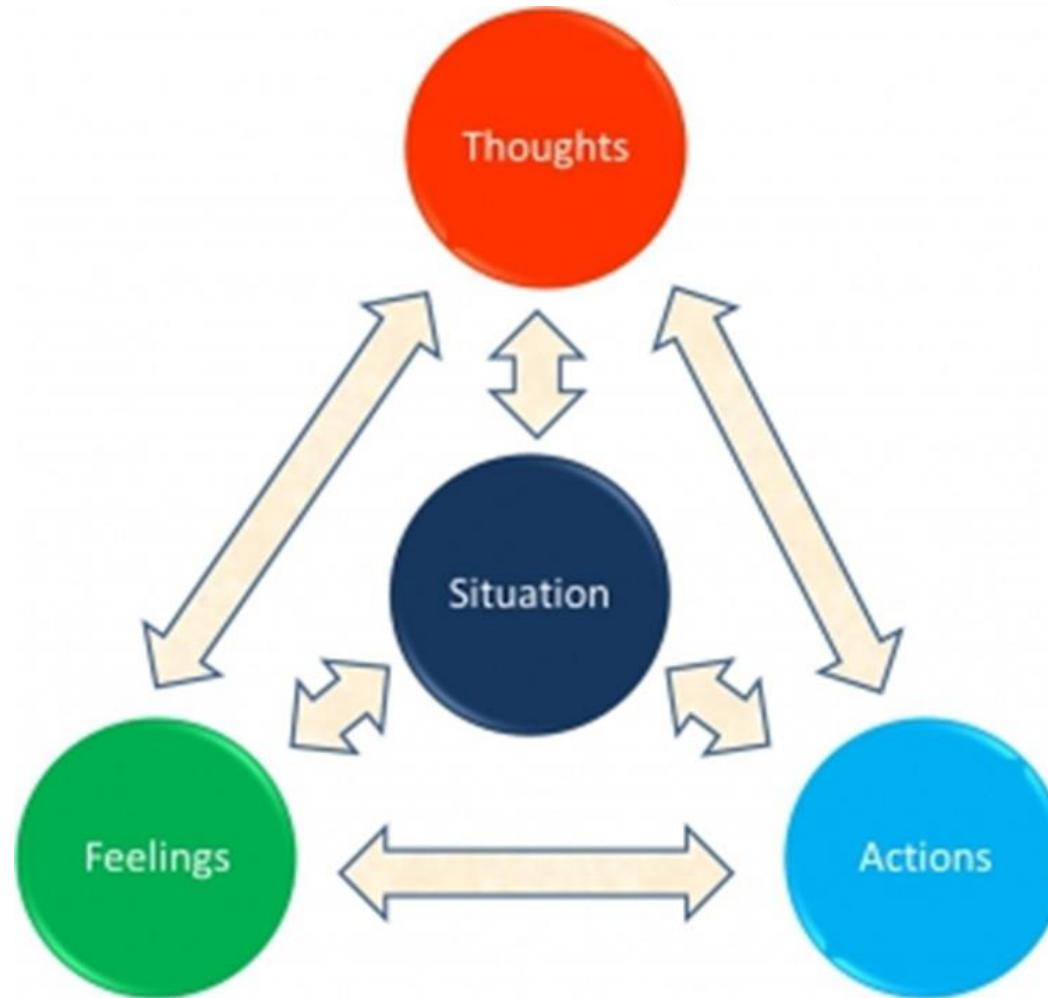
Jon Kabat-Zinn, MBSR Founder

Distraction to clarity

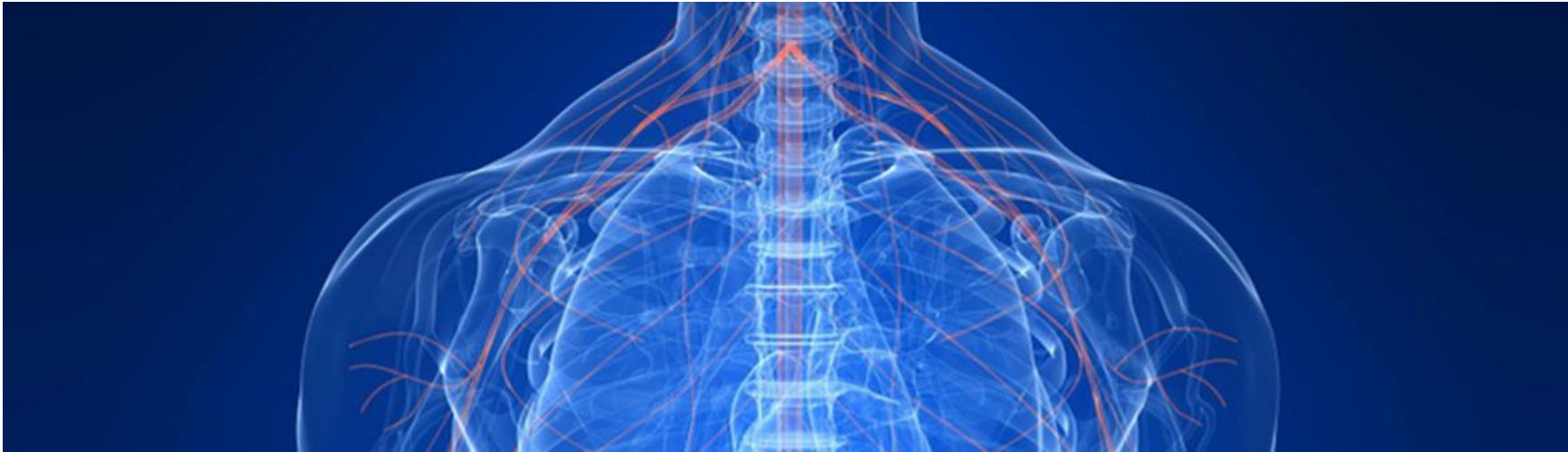
“The wisdom of life consists in the elimination of non-essentials.”
~ Greg McKeown - Essentialism



Thoughts feelings actions



Re-wiring the stress response



- **Central Nervous System:** main processing centre and uses the brain and spinal cord.
- **Autonomic nervous system** 1) **sympathetic nervous system** reacts to emergencies and 2) **parasympathetic nervous system** calms heart rate, blood pressure and breathing.

Reducing mind chatter



There is nothing more important to true growth than realising that you are not the voice of the mind – you are the one who hears it.” Michael Singer

Stop, pause, take a breath

PAUSE



Recommended Courses

- Mindfulness @ Work
- Manage Stress, Build Resilience
- Develop Your Emotional Intelligence

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Thank you

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9218 9059

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