

Mindful illumination - Improving Productivity and reducing stress

3 hour session

9am arrival for 9.30 start

9.30 – 11.00

Housekeeping

Operating agreements.

Why are we here ?

What is stress?

How do you know if you are stressed?

How much is good for you?

Effects on body and and performance

The human mind and how it filters – understanding you – the processthat precedes the stress response.

Your two minds – conscious mind and unconscious mind.

Differences and value with each mind.

Delegates take 3 minutes to write their outcomes for the session.

Always set an outcome - for everything you do have an outcome ie the result that you want. This is so simple and always massively overlooked. Quick explanation of setting an outcome (why , what , how, what if you do)

Take consistent action – Winston Churchhil – .."Action this day “ if you get a nudge to do something or a hunch TRUST IT and do it.

Have bounadaries and say no!

Reduce resistance – very quick rapport

Break

11.30 am – 1pm

STEP ONE - Peripheral vision]

Why? What you do. How to do (demo) and what if you do

Aim – fast effective way reducing the effects of stress on the body

((Group demo exercise – all get it – move on))

stress – warning is a sign most commonly that your not focusing on what want or resistance and boundary violations.

Explanation of each that links in to their experience

STEP TWO

Take time for you.

Gather your self

Peripheral Vision and Ha Breathing.

(Why ha breath, what, how, what if do)

STEP THREE

Lunch break POWER NAP

Elman – fast self hypnosis technique that we are going to do at the end of the session – rapid... Power nap.

10 minute demo

Putting it all together ...

End of session