

Performance Mindfulness

Tuesday 15th January 2019

09:30—15:30

Hopwood Hall College, Rochdale Campus

Trainer: Mike Rotheram (Performance Mind)

Audience: All Staff

Mindfulness is one of the most powerful skills leaders of all levels would be wise to develop. Robust research has shown that mindfulness has profound value to leaders through its many benefits. With the enhanced focus and concentration afforded by mindfulness, you can start to see challenges and opportunities more clearly.

Mindfulness helps to tame the fear response, strengths internal emotional regulation, and significantly reduces stress. Mindfulness teaches you that you can perform well and make great decisions despite unwanted thoughts and emotions. The practice of mindfulness along with the advanced psychological skills of diffusion, acceptance, and commitment help you to keep your focus on the task at hand rather than be disrupted by anxiety, fear and other unwanted emotions.

As part of this course, we will help you to develop a one-page profile of your performance, which you can refer back to, and update over a period of time. This will help you to self-manage around the factors which facilitate and debilitate performance.

