



Mindfulness in the Workplace

1-Hour Introduction to Mindfulness Program

UCLA MARC Faculty

“Mindfulness is paying attention to our present moment experiences with openness and curiosity.” – Diana Winston, UCLA MARC

Overview:

In this inspiring, interactive program led by the world-class faculty at UCLA’s Mindful Awareness Research Center, you can learn helpful, practical, and scientifically proven techniques for stress reduction, and self-management and well-being.

Why Mindfulness For Your Workplace?

If employees are not able to effectively manage their stress, they are likely not as creative, productive and satisfied as they could be. Employee burnout and turnover are big challenges for companies and Mindfulness has scientific support as a means to:

- Reduce Stress
- Improve attention
- Boost the immune system
- Reduce emotional reactivity
- Promote a general sense of health and well-being

Program Layout

- Overview of mindfulness and the science of mindfulness lecture
- Introduction to mindfulness meditation experiential practice
- Mindfulness in daily life, short lecture and experiential practice
- Mindfulness in relationships, short lecture and experiential practice
- Wrap up with further instructions for continued practice

***For pricing and availability, please complete [this brief form](#) and a MARC representative will reach out to you shortly.**