

Programme Outline

MINDFULNESS @ WORK

The Art & Science of Raising Your Productivity & Performance at Work

PROGRAMME DESCRIPTION

This workshop will equip participants with how to get into harmony while achieving their goals and exploring simple psychological tools to deal with emotional tension.

Mindfulness is consciously aware of our thoughts, state of mind, focus and responses. Through being mindful how events and people affect our feelings, we could make more constructive and productive choices that enhance work performance and interpersonal functioning. This will allow the participants to have clearer focus to deal with work stress and tension when achieving results.

Participants will experience the difference in increasing relaxation and clarity after the session!

PROGRAMME OBJECTIVES

- Understand how our subconscious mind stores our **beliefs and feelings that lead to our results.**
- Learn to activate our consciousness, bring awareness to thoughts, and work to **change mindset by creating new habits to achieve better performance.**
- Learn to shift stress and tension into a **more balance state of mind to overcome challenges.**
- **Kickstart an accountable way of living** to enjoy more ease and success in life.

TRAINER / COACH

SC Chung

Certified trainer & master coach for NLP, Time Line Therapy® & Hypnotherapy.

Coach to all walk of life.

PROGRAMME OUTLINE

Understanding how our mind work

- Benefit of living with mindfulness and the importance of it.
- Identify the characteristics of conscious and subconscious mind.
- In depth learning on how we can align ourselves to work with our subconscious mind to achieve results that we desire.

Learning vibrational works

- The relationship between the subconscious mind and the vibrational works in achieving our goals.
- Understanding the reasons behind of our behaviour and struggles in the subconscious level.
- Analysing psychological fight vs flight response that define on how we react to situation when achieving goals.

Ways to retrain your mind to achieve your goals in more productive ways

- The 3A Equation: "Aware + Accept = Advance" to breakthrough

Experiential Learning & Observation (Self)

- We will experience instant relief from these activities by:
 - Releasing a major negative emotion.
 - Practise simple mental and physical relaxation.
 - Observing and experiencing positive emotions and beliefs.
- 12 simple ways to raise our vibration, thus, strengthen our positive mindset and confidence to achieve goals on daily basis.

More tips for instant lift when necessary

Experiential Learning & Observation (Self)

- We will explore which methodologies work best respectively.
 - Practise a simple NLP technique (Neuro Linguistic programming)
 - Breath work
 - Stay at present moment

Progressive Relaxation

- A guided 30 minutes mental and physical relaxation to release some negative emotions and beliefs that preventing you to make progress at work.

Closing Inspiration

Reflection with Q & A to enhance our learning into daily practise in achieving goals.

SPEAKER PROFILE

SC CHUNG - HAPPINESS COACH

SC is an approachable lady. She is constantly curious about human behavior and how our mind work. Her curiosity has helped her transform from being a misunderstood introvert person due to her emotional nature to a Happiness Coach. Her passion inspired her to help many to deal with life issues.

Since 2003, she has chance to help locally and overseas clients to find the missing pieces and discover what's stopping them from moving forward. She guides many to reach to the next level of feeling complete, uncovering peace and joy by having closure with the past, setting themselves free to live in their full potential.

After almost two decades of “being serious” in life coaching business, today, she is more determined to induce joy and laughter in her group sessions as fundamental to boost morale, motivation and bonding for her participants.

SC is trained overseas in various coaching and psychological methodologies, and extensively in meditation. Now, she practices methodologies from branches of psychology, including Psychology of Vision, Family Constellation and is certified trainer and master practitioner in Neuro-Linguistic Programming (NLP), Time Line Therapy® & Hypnotherapy.

