Mindfulness in the Workplace is an experiential course designed to teach core mindfulness skills while also exploring specific applications to the workplace setting. The course will explore key mindfulness traits and how they relate to essential workplace skills, such as resilience, task execution, critical analysis, intra/interpersonal growth and leadership. In addition, the course will explore existing workplace programs and how corporate culture can be a barrier or a catalyst for adoption of mindfulness principles. By exploring the above topics from the perspective of the workplace and academic literature, students will gain an understanding of how to practically apply evidence-based techniques to help them succeed on the job.

Visit csh.umn.edu for more information.

CSPH 5807
2 Credits | Fall and Spring
Online
Instructor: Alex Haley

Mindfulness in the Workplace