The Center supports organizations that wish to enhance employee wellbeing through mindfulness with Wellbeing Workshops, retreats, and our Mindfulness at Work course. This course is available onsite for organizations in the Twin Cities and surrounding area, and online for access by employees around the world.

Mindfulness at Work is an experiential course designed to teach core mindfulness skills while also exploring specific applications to the workplace setting. The course explores key mindfulness traits and how they relate to essential workplace skills, such as presence, emotional regulation, resilience, cognitive flexibility, and communication, all of which are critical skills for thriving at work. By exploring these topics from the perspective of the workplace, participants will gain an understanding of how to apply evidence-based techniques to help them succeed on the job. This course is 6 weeks in length, with weekly class time of 90 minutes for the onsite version, or 45-60 minutes for the online version, and formal home practice of 10 minutes per day.

**LEARNING OBJECTIVES**

1. Define mindfulness – what it is and what it isn’t.
2. Identify and discuss the potential benefits of mindfulness in the workplace (increased attention and focus, improved self-awareness, emotional regulation, greater openness to new perspectives and ideas, decreased anxiety and increased coping skills, and enhanced empathy for self and others).
3. Discuss how habits and attitudes affect perception and task performance.
4. Identify challenges in your workplace and devise practical mindfulness strategies to address these challenges.
5. Explain how stress manifests personally and learn the methods for skillfully responding, regulating and building resilience.
6. Discuss the role of group language, culture and environment in supporting wellbeing.
7. Develop a personal mindfulness routine by completing the regular out-of-class practice.

**COURSE RESOURCES**

Resources and activities for each week of the course will be provided on a course website. A typical week will consist of the following activities:

- Weekly topical video introduction from instructor and guided exercises
- Instructor-led guided meditations and suggestions for practice activities
- Individual daily meditation practice and journal entry
- Supplemental readings/viewings
- Check-in/participation (e.g., online discussion, media share, etc.)

**TOPICAL AREAS**

- The Power of Presence
- From Reacting to Responding: Managing Stress Skillfully
- Perspective Matters
- Resilience: Bouncing Back to Capacity
- Connecting and Communicating
- Committing to Continuity
The course can be delivered in the following format:

<table>
<thead>
<tr>
<th>Onsite Mindfulness at Work course:</th>
<th>Online Mindfulness at Work course – section 2:</th>
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| • Enrollment of up to 25 individuals per section  
  • Course duration of 6 weeks, with weekly 90 minute classes  
  • Formal home practice of 10 minutes per day | • Enrollment of up to 50 individuals per section  
  • Students move through weekly content at their own pace  
  • Course duration of 6 weeks, with 45-60 minutes of weekly course content  
  • Formal home practice of 10 minutes per day |

LOCATION / DELIVERY FORMAT

Onsite courses can be taught at suitable client locations within the Minneapolis/St. Paul area. Online courses are taught utilizing a course management system and are available globally.

INSTRUCTION

Center courses and workshops are facilitated by our experienced instructors, who have deep experience in teaching mindfulness and meditation courses, workshops and retreats within the University, community, and organizations. Overseeing the Center’s academic and community mindfulness programming is Alex Haley.

Alex Haley, JD, MBA is an assistant professor and the mindfulness program lead at the Center, where he teaches, participates in research initiatives and sets the strategy within the mindfulness program area. He has practiced meditation for over 15 years, taught extensively, and has worked for start-ups, mid-sized companies and large multinationals both domestically and internationally in legal and business roles.

Louise Delagran, MA, MEd, has worked as an elearning consultant for Fortune 500 companies for more than 20 years before becoming the director of the learning resources group at the Center. She has been involved in research and authored a number of articles on mindfulness. She has practiced mindfulness for more than 16 years and regularly teaches courses on wellbeing and mindfulness.

EVALUATION

As part of a major land-grant university, the Center is committed to systematically evaluating its programs using best practices in data collection. Our courses routinely include post-evaluation, querying participants regarding their experience with the course.

OUTCOMES

Course participants report improved work-related outcomes including:

• Increased ability to identify when they are stressed at work and methods for responding
• Enhanced understanding of how their habits and attitudes impact their perceptions of work events
• Increased attentiveness to what others are saying
• Acquisition of specific strategies for dealing with challenges at work

For more information, contact Sue Nankivell at sue@umn.edu or 612-626-2395

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