

MINDFULNESS COACHING AND TRAINING

IMPROVE THE QUALITY OF YOUR DECISIONS BY ENHANCING YOUR FOCUS.

Enhance your organization's leadership and team performance through the application of mindfulness skills and the science of positive psychology.

Mindfulness is a way of paying attention to what's happening in the present moment with specific positive attitudes. It means connecting with what's going on inside yourself and around yourself – knowing what you're doing and why you're doing it.

Mindfulness is the foundation for many critical leadership abilities including:

- Focusing on what's most important
- Maintaining emotional control in the face of stress
- Working well with others
- Managing complexity and adapting to change
- Enhancing creativity and innovation

SIGMA offers several options that integrate mindfulness skills training with best practices for leadership success.

We offer:

- Online training that can be done at your own pace
- Workshops (half and full-day options)
- One-on-one coaching

“The main business case for mindfulness is that if you are fully present on the job, you will be more effective as a leader, you will make better decisions, and you will work better with other people.”

– Bill George, Harvard Business Professor, Former Medtronic CEO

OUR MINDFULNESS FACILITATORS



Dr. Ruby Nadler, PhD

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Ruby has her Ph.D in Cognition and Perception and brings this expertise to bear on SIGMA's executive coaching practice and programs. She has specific expertise in mindfulness and positive psychology and uses her training to support leaders to hone critical competencies including judgment and decision-making skills, interpersonal skills and emotional intelligence, and stress reduction. In 2015 she was awarded a two-year Ontario Centres of Excellence TalentEdge Fellowship to create a mindful leadership training program. Ruby is also a 250-hour certified Yoga Educator. Her research has been featured by CBC and BBC Radio, Happify, and NPR, amongst others.



Dr. Julie Carswell, PhD

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Julie oversees research and development projects as well as training, coaching and consulting work. She divides her time between successfully promoting and executing SIGMA's strategic vision to develop innovative, psychometrically superior assessments, and implementing large-scale employee and leadership coaching and development initiatives for clients.

ONLINE MINDFULNESS PROGRAM

Learn the foundations of mindfulness and integrate your practice with the development of key leadership capabilities in this self-paced online training program.

- Choose an 8-week or 4-week program
- Develop a consistent mindfulness practice
- Work through each module in 15-20 minutes
- Enhance your emotional intelligence, resilience, and leadership skills

Participants in an upcoming peer-reviewed study on the benefits of mindfulness in the workplace reported results including improved resilience, decreased stress, improved decision-making and interpersonal skills.

“The faculty of bringing back a wandering attention over and over again is the very root of judgment, character, and will.”

– William James

MINDFULNESS WORKSHOPS

We offer “taster” introduction to mindfulness sessions (60-90 minutes) as well as half and full-day workshops on the following topics:

“Always on, multi-tasking work environments are killing productivity, dampening creativity, and making us unhappy.”

– McKinsey Quarterly



INTRODUCTION TO MINDFULNESS

- Learn about the science of mindfulness and how to put mindfulness skills into practice immediately to benefit yourself and others
- Learn about the common experiences of mindfulness practitioners and how to develop a consistent practice that suits your life and goals
- Experience several different kinds of mindfulness meditation and practices to see what resonates most with you



MINDFUL COMMUNICATION

- One of the most powerful impacts mindfulness can have is strengthening our ability to fully engage with others through mindful listening and speaking
- Learn about mindful communication and put it into practice right away
- Practice speaking mindfully and listening mindfully
- Feel more confident in interpersonal relationships and complex situations



MAKING SPACE FOR INNOVATION

- In this workshop participants will be exposed to mindfulness practices that open up space to think about the innovation challenges they face
- We discuss how mindfulness can be used to support principles of design thinking and stages of creativity
- We will share principles for doing deep work and encouraging flow states



STRESS REDUCTION AND RESILIENCE

- Learn about the science of mindfulness, stress, and resilience and learn valuable tools you can put into practice right away to be less reactive and more resilient

We are also happy to develop a customized training for your team or organization.

IN-PERSON LONGER-TERM TRAINING

We have also done longer-term mindfulness trainings that can be delivered weekly or biweekly, on or off-site depending on the size of your group and your location.

CONTACT US TODAY! www.sigmamindful.com | 1 800 265 1285