

# Mindful Resilience for the Workplace



## Reduce stress and grow greater resilience and mental wellbeing through the practice of mindfulness.

The workplace environment can often present us with a set of unique pressures that create stress and challenge our mental wellbeing. Unmanaged stress can affect our performance, impact our mental and physical health and negatively impact our personal relationships.

The program will introduce you to tools that enable you to grow and maintain your sense of mental wellbeing, understand and resolve interpersonal challenges and conflict, and bounce back from stress. The program draws on the fields of positive psychology, conflict resolution, and yoga & meditation.

**Format:** The Mindful Resilience program can be delivered to a whole team of up to 15 people. It can consist of a series of full-day, half-day, or shorter sessions over weeks or months. We can tailor a program that works with your available time and your available budget.

## Program outcomes:

Your team will :



**Practice tools to identify and reduce mental stress and negative thoughts**



**Develop the capacity to quickly bounce back from challenges**



**Grow the confidence and capacity to transform interpersonal conflict**



**Experience a deeper sense of mental wellbeing despite external stressors**



“The effect you’ve had on me and my staff has been phenomenal. I don’t know if I could’ve got through this year without you.” **Kyoko Metz, Director, Context Anthropology**



## About Creative Teams

Since 2009 Creative Teams Consulting has been training transformational leaders, resolving conflict, leading change, streamlining communication, aligning project teams, enabling high-performance, growing mindfulness, building effectiveness in management and transforming workplace culture in high profile teams throughout WA and nationally..

### Experience:

James “Fish” Gill is an experienced facilitator and yoga teacher (2 year, 350 hour training through Tamara Yoga).

He has a diverse background in creative education and action learning programs. Since 2000 he has been delivering programs that grow empathy, understanding, mindfulness and collaboration for businesses, schools, government, organisations and institutions.

His compassionate, openhearted facilitation style draws on his experience as an educator, yoga teacher, professional actor and father of two.

### Approach:

Creative Teams’ programs are ‘action learning’ programs. Action learning is a process of learning through the development and practice of new mindsets and actions, rather than through traditional instruction or ‘training’.

The action learning process leads to ‘learning conversations’ and thereby creates a ‘learning team’. By increasing the learning capacity of the team as a whole and empowering each individual within it, action learning enables the transformation of team culture.

Participants engage intellectually, emotionally, physically, verbally and non-verbally, giving people the opportunity to contribute in a way that feels comfortable. Most importantly of all, there is a good deal of laughter that brings us together.



“I’m motivated in my work with teams by the pursuit of happiness and connection between people. I get to see people at their most generous, their most honest and their most free.”

**James ‘Fish’ Gill, Director, Creative Teams Consulting.**