



## Minding Your Managers

Duration: Half Day

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### **Programme Overview:**

This course is designed for managers and is based on the latest research into how we can create the conditions for wellness in the workplace which in turn increases employee engagement and productivity, improving business outcomes.

To excel in today's climate we must become experts at putting in the effort to make things happen, going the extra mile, adapting to change and achieving goals. In short, we have to become very competent at 'doing'. However, in the midst of all the activity we can forget to replenish energy to be able to keep 'doing'. To work in a sustainable way and increase our performance we must gain the skill to oscillate between gathering our resources through 'inner stillness' and 'doing'.

We will explore how you can cultivate wellness in the workplace, how you can mind yourself, your managers, support your staff and increase employee engagement. You will learn the skills to create space for people to think creatively and problem solve for themselves.

You will also hear about best practice case examples from Aon, who have extensive research and experience working with organisations in this area.

### **Programme Outcomes:**

On completion of this programme, participants will be able to:

- Practice simple exercises to increase awareness. Awareness can powerfully diminish reactivity. The more we can simply become aware of our response, the more control we have.
- Use a range of practical tools based on movement and quietening the mind that renew energy and allow you to work in a more sustainable way.
- Show up for staff in a tangible way by developing the tools to support them to think creatively and resourcefully when they are facing adversity.
- Know how to use your breath in a very straightforward way to bring clarity and focus to your thinking, thus increasing your resourcefulness and thinking power.
- Experience the freedom of not always having to be the expert, but instead believing in the principle that people generate the best solutions for themselves.
- Understand how positivity in the workplace increases effectiveness and learn how to cultivate positivity for yourself and others around you.
- Apply the lessons of best practice in a practical way in your own organisation.

### **Approach:**

Our style of engagement is open. We will invite you to explore these concepts for yourself, as opposed to simply being 'told' what to do by an expert. The workshops will be dynamic, altering the tempo by moving between working individually, in pairs, small groups and collectively. We will also be integrating progressive techniques using movement and breath. This multi-sensory approach increases the recall of the material when you are back at the desk.

The workshops will be facilitated by Kerry Cullen, a chartered business psychologist who has been working in the area of wellness for over 15 years. She is passionate about creating lasting positive change in organisations.



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### Who should attend?

This course is designed for managers and leaders in organisations who are open and interested in new approaches to increasing effectiveness in the workplace based on the most up to date international research.

### Cost:

Ibec member rate: €190

Ibec non-member rate: €215

### Region:

Dublin

Donegal

Dublin

### Dates:

Mar 10, 2017

May 29, 2017

Sep 6, 2017

### Venue:

Ibec, 84-86 Lower Baggot Street, Dublin 2

Ibec, 3<sup>rd</sup> Floor, Pier One Quay Street, Donegal Town, Donegal

### Time:

9.30 am– 13.00 pm

### Further Information:

For further information, please contact Alexandra Racheru by phone (01) 605 1675 or at [Alexandra.racheru@ibec.ie](mailto:Alexandra.racheru@ibec.ie) or Ann Maloney by phone (01) 605 1541 or at [ann.maloney@ibec.ie](mailto:ann.maloney@ibec.ie)