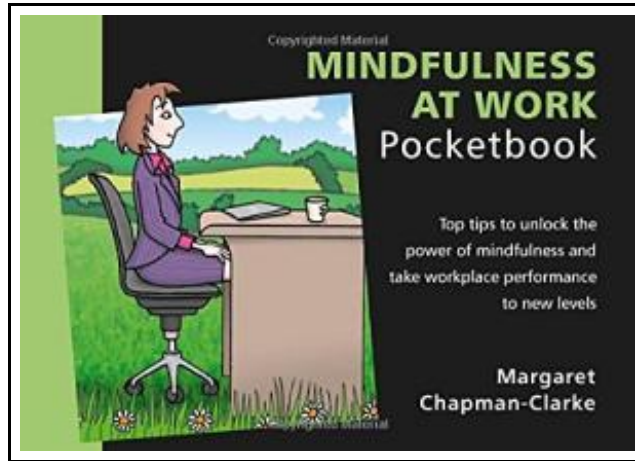


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Management Pocketbooks. Paperback. Book Condition: new. BRAND NEW, Mindfulness at Work Pocketbook: 2015, Margaret A. Chapman-Clarke, Mindfulness is our capacity to focus, to really pay attention and use our brain's resources wisely. Using an 8-step model the Mindfulness at Work Pocketbook will allow HR and OD practitioners, coaches and team leaders to experience it for themselves and see how they can develop and implement mindfulness-based interventions within their organisations. Building a mindfulness culture in the workplace brings significant benefits both to the individual (greater job satisfaction, less stress, improved performance) and the organisation (lower absenteeism, higher productivity, reduced costs). The 8-step model spans an eight-week period with exercises for each stage. It begins by raising awareness of how the mind works and continues by building mindfulness skills and sharpening awareness of thought processes, especially how these can trigger stress. Integrating mindfulness into everyday life is dealt with in the final stages. The many exercises afford plenty of opportunities for much-needed practice.



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