MASTERCLASS · TRAINING PROGRAMME

Mindfulness

and stress management

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

4 HOURS / IN PERSON OR ONLINE

A practical introduction to mindfulness as a tool for regulating stress at work. A direct experience, without esoteric language, with immediate application in meetings, deadlines and difficult conversations.

Objectives

- Understand stress and what keeps it alive in the body and in attention.
- Experience formal and informal mindfulness practices.
- Apply the practice in pressure moments of the working day.
- Evaluate your own practice and sustain continuity.

Themes and training dynamics

20 min	**Stress, attention and body** How stress settles in and what attention can change. Evidence and myths.
35 min	**First practice** Breathing, body scan and attention to sound. Guided experience and sharing what happened.
40 min	**Mindfulness at work** One-minute pauses, meetings, e-mails and difficult conversations. How to start without interrupting work.
10 min	**Break**
40 min	**Predictable difficulties** Busy mind, scepticism, lack of time and giving up. What to do with each one.
55 min	**Practice lab** Practice sequences for different moments of the day; each participant designs their own plan.
40 min	**Sustaining and evaluating** How to keep the practice, what to measure and when to seek specialist support. What mindfulness does not solve.

Leave with a personal practice designed, sequences to use at work and criteria to evaluate progress.

Less stress, more presence.

João Paulo Pereira · People & Organisations

jpp@hygge.pt / +351 963 476 723 / jpsper.com