

'Paying Attention' - the art of mindfulness at work



'Mindfulness means paying attention in a particular way; on purpose, in the present moment and non-judgementally' Jon Kabat-Zinn, author of "Full Catastrophe Living"

'Mindfulness' and community work

In CSD's training in 'Developing Community, Capacity, and Spirit', great emphasis is placed on 'paying attention'. But, in the busy-ness of our working life this 'paying attention' can be difficult to do.

Tim Muirhead of CSD has therefore joined with Jane Featherstone of Lifebalance Consulting to offer this workshop on 'Mindfulness' - the art of genuinely paying attention.

Mindfulness Training has proved beneficial in a range of work settings - including business, management, health, education and community services.

Through this workshop you will develop your ability to be mindful - to 'pay attention' - through learning the skill of being fully present in the moment. You will be able to relate this to how you can pay attention to and manage workplace issues more effectively, as well as enhancing your enjoyment of living in the here and now.

About Mindfulness

Mindfulness is a way of "being" in the moment with ourselves, our sensations, reactions, thoughts and feelings. Mindfulness is a state that can be activated, once we know how, at any time, anywhere; and even brief moments of mindfulness have been proven to be effective in enhancing health, well-being, creativity and effectiveness.

Becoming mindful allows us to move away from living and working on "automatic pilot", to recognise our reactions and what triggers them, and to function more often from a state of wisdom, thus helping us to make better decisions in our lives.

The trainers

Jane Featherstone is an occupational therapist, trainer and counsellor with eighteen years experience working with groups and individuals to enhance their health and wellbeing. She has practised and taught mindfulness since 1999 in health, education and organisational settings throughout Australia.

Tim Muirhead has more than 20 years experience as a trainer, adviser and practitioner in community development and related fields. **Tim is the author of "Weaving Tapestries: a handbook for building communities" - produced by the LGCSA.**

When

Tuesday September 5th 2006
8:45 am - 4:30 pm

Where

WOLLASTON CONFERENCE CENTRE
WOLLASTON RD
MT CLAREMONT



'Paying Attention' - the art of mindfulness at work

Tuesday September 5th, 2006
8:45 - 4:30

*Wollaston Conference Centre
Wollaston Rd
Mt Claremont*

Cost: \$198

including GST, course materials, and meals.

To Register

- 1: Fax this form to (08) 9201 0249 (no cover sheet required)
Or
E-mail your details to tim.csd@eftel.com.au.
- 2: Pay by Cheque: 'Tim Muirhead and Assoc Pty Ltd', 168F Scarborough Beach Rd. Mt Hawthorn 6016.
Or
electronically: BSB: 306-044 (Bankwest) Account Number: 5453640
Account Name: Tim Muirhead and Associates Pty Ltd
(Sorry, we cannot accept credit cards)

Queries Tim - (08) 9201 0245; (Mob) 0409 880 137
e-mail tim.csd@eftel.com.au

TAX INVOICE
ABN 20 061 060 884

Note: Keep this completed form as your tax invoice. If you require a separate invoice, please tick here

Please register me for "Paying Attention - the Art of Mindfulness at work" training.

Name _____

Organisation _____

Address _____

Phone _____ (mob) _____

e-mail _____

Number of participants _____ Total Cost \$