

Mindfulness and Compassion in the Workplace



We are pleased to announce the inaugural event to mark the creation of *The Yorkshire Mindfulness and Compassion Forum (YMCF)* on 5th November, from 10.00 – 4.30 at Middlethorpe Hall, York.

The intention behind the YMCF is to bring together coaches, HR, L&D and OD practitioners, and mindfulness consultants who are passionate about facilitating and embracing compassion and joy at work. Our vision is to create a space for practice, dialogue, shared learning and building connections.

To begin the process we have invited Dr Tamara Russell, neuroscientist, clinical psychologist, martial arts practitioner and author of *Mindfulness in Motion* to facilitate a masterclass around her work on the ‘wandering mind and creativity.’

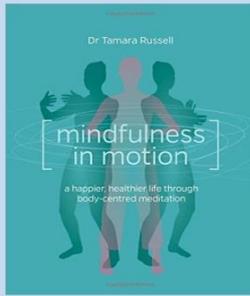


Tamara will demonstrate from a neurocognitive perspective what is being asked in the seemingly “simple” moment of mindfulness.

In this experiential, fun and thought-provoking event, she will:

- help us become more ‘brain savvy’ by unpacking the way in which we use our brain to move around the mind as we develop mindfulness skills
- discover why it is that mindfulness training helps us to “audit” our minds and for what benefit
- understand the mechanisms by which we can change habits and free up our brain so we can *connect, create and cultivate compassion* for ourselves and others
- explore some of the common confusions about mindfulness – for example, that it is the same as relaxation; that mindfulness is about zoning out or disconnecting and being lost in thinking

You can read more about Tamara's work by visiting <http://www.mindfulnesscentreofexcellence.com/dr-tamara-russell/>



Venue

Middlethorpe Hall on the outskirts of York <http://www.middlethorpe.com>

As a result of our experience of what The Barlow room at Middlethorpe can accommodate, we are limiting the number of places. So if you want to participate in this event by one of the 'movers and shakers' in the 'next wave' of mindfulness training, then this is not to be missed.

What to do next:

Check your availability for 5th November (sorry it is a Saturday – nature of Tamara's diary)

Email Robin Clarke to reserve a place and receive an invoice rc@eicoaching.co.uk

Pay the £125.00 by 21st October to secure your place (the fee includes all refreshments and lunch – which - based on observations from those who attended the book launch on 24th June, was excellent!)

We look forward to welcoming you, and helping us to establish the YMCF.

Please contact any of the convenors for more information:

Margaret Chapman-Clarke (mc@eicoaching.co.uk)

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