

# Emergenetics Mindful Manager Workshop



The Mindful Manager Workshop aims to develop the self-awareness of team leaders as they manage themselves and others in the team they lead.

#### KEY LEARNING OBJECTIVES

- Understand Mindfulness fundamentals
- Acquire Mindfulness practices that can be applied at the workplace and when relating to others
- Learn to manage oneself better through Mindfulness practice
- Discover how one's Emergenetics Profile may impact one's Mindfulness practice

**DURATION** 2 days  
**CLASS SIZE** Min. 4 pax Max. 20 pax  
**AVAILABLE IN** Singapore

#### PRE-REQUISITE

Participants must have received their Emergenetics Profile through a prior workshop, or a one-to-one consultation with a Certified Emergenetics Associate.

#### OVERVIEW

The Mindful Manager Workshop is a two-day experiential workshop that would provide a succinct understanding of what Mindfulness is - and what it isn't. It explores the key fundamentals of Mindfulness: Awareness, Acceptance and Attention.

The programme will integrate Emergenetics theories in the understanding and practice of mindfulness, and allow participants to see how they can bring Mindfulness into the workplace.

#### PROGRAMME OUTLINE

- What is Mindfulness?
- Mindfulness principles
- Mindfulness practices (including experiential activities)
- Identifying Mindfulness blind spots - How can my Emergenetics attributes aid or hinder my mindfulness practice?
- Managing self through Mindfulness
- Managing how I relate to others through Mindfulness
- Reflections and Action Plan

## Interested in this workshop?

Connect with us at [workshops.sg@emergenetics.com](mailto:workshops.sg@emergenetics.com) to find out more or find out more team solutions at our website [here](#).