

Applied Mindfulness in Decision Making

Below are three challenges people face when making decisions:

1. Fast paced environment requiring us to make swift and “right” decisions.
2. Overloaded with information, how can we filter noise from useful data?
3. Not letting negative emotions affect the quality of our decisions.

Why learning the Applied Mindfulness in Decision Making is important for you and your organization performance?

In this highly digitized and connected society, individuals and teams are often required to make decisions in a snap of a finger. Sometimes without taking pause to reflect and consider the greater impact of your choices. In this face paced corporate world, you are told that being emotional is bad for decision making. However, throughout the evolution of the human species, emotions, both positive and negative ones have its purposes. They tell you how you feel, your preferences in any given moment. Being mindful of the full spectrum of your emotions is key in helping you tap into and call upon our appropriate inner resources and wisdom to aid decision making, especially under challenging situations. However, mindfulness is not something that you can learn by reading a book or become certified in. It is a skill you train your brain to do over time with right effort and daily practice.

What can you expect?

This one-day workshop is an interactive, hands-on, and enjoyable learning experience. We will cover history of mindfulness practice, scientific evidences and current myths of mindfulness. We will guide you through formal and informal daily mindfulness practice sessions and show you how mindfulness (when combined with Emotional Intelligence competencies) can be used to guide decisions.

The Applied Mindfulness in Decision Making cover the following topics:

1. Self-awareness.
2. Managing emotion.
3. Challenges we face in decision making.
4. Noticing habitual patterns.
5. Sensing emotion triggers.
6. Cultivating useful virtues.
7. Focused attention training.
8. Mindful listening.

At the end of this one-day workshop, you will:

1. Learn the history of mindfulness and its development over the past two decades.
2. Find out why mindfulness is such a trendy topic and the myths surrounding it.
3. Find out the impact of information overload on your ability to make sound decisions.
4. Discover how we make decision through the Trigger Cycle Model.
5. Map out your unique body emotional signature.
6. Develop two virtues of mindfulness through the RCT activity.
7. Develop your ability to pay attention through the ABCD strategy.
8. Apply mindfulness and consequential thinking in making decision.
9. Apply mindfulness in developing your Deep Listening skill.

Workshop size: 8 to 20