

2015 Check-in for Mindful Souls

Introduction

Some of us regularly practice mindfulness in meditation and in daily activities; some of us wished we practiced more; some just want to learn what all the fuss is about. If you fit into any of these categories then the **2015 Check-in for Mindful Souls** is for you! This is not a formal training course, but a gathering of like-minded people who want to share their experience, expertise and energy.

The essence of mindfulness is captured in the writings of Thích Nhất Hạnh, a Vietnamese Buddhist monk, teacher, author, poet and peace activist.



*"Breathing in, I calm body and mind.
Breathing out, I smile.
Dwelling in the present moment, I know this is the only moment."
- Thích Nhất Hạnh*



The 2015 Check-in starts on a Friday evening and continues over Saturday and Sunday. It takes place in the beautifully restful St Francis Retreat Centre, 50 Hillsborough Rd, Mt Roskill, Auckland. The Centre allows us to each have a single room for the retreat. It is an opportunity to enter a focused and peaceful learning environment, away from the external pressures of our busy lives.

Who is this programme for?

The retreat is designed to be relevant to a wide range of people: coaches, HR/people and culture practitioners, executive and life coaches, psychologists and other helping professionals.

You will gain:

- The opportunity to begin or deepen your mindfulness practice
- An occasion to understand the growth of mindfulness in the workplace
- The chance to explore the application of mindfulness in your life and work
- A deeper personal understanding of what makes mindfulness and meditation effective.

Retreat leaders

Iain McCormick is an executive coach with over 40 years of mindfulness practice who trained as a clinical psychologist and has a PhD in the area of work stress. He has taught mindfulness in a wide range of contexts including in Acceptance and Commitment Training programmes. Iain has a deep interest in applying mindfulness in coaching.

John Groom is a registered psychologist who also has over 40 years of mindfulness practice. He trains business executives and leaders of organisations to achieve peak performance without sacrificing their health and relationships. John is a mindfulness mentor and has also taught Acceptance and Commitment Training programmes. He has a great interest in applying mindfulness in daily work and home life.

Stewart Forsyth has particular expertise in improving individual and organisational performance. He is a highly experienced executive coach, OD systems developer and mindfulness practitioner. He has deep interests in both mindfulness outcome research as well as in the fitness-mindfulness interface.

Melanie Cash is a registered organisational psychologist who was convinced to try mindfulness by reading the science. Working in NZ's largest organisation to develop their leaders, she is passionate about using positive interventions to increase wellbeing and performance. Noticing the benefits that mindfulness gives her and those she works with, she is particularly interested in applying mindfulness in the workplace.

Jane Davis has worked in the Organisational Psychology field for the last 24 years. Over the last two years has established a consultancy *Activise*, which specialises in positive psychology-based change programmes. Mindfulness is a core component of the programmes offered and Jane has worked with many organisations to introduce mindfulness-based practices to leaders in a highly practical and relevant way.

Course overview

(Subject to change and improvement)

Friday evening – 17 April 2015

- Welcome, the structure of the retreat, a shared meal, shared experiences, shared mindfulness

Day One – Saturday 18 April 2015

- The neuroscience of mindfulness
- Practising mindfulness formally and informally including silent reflection
- When not to use mindfulness
- Mindfulness and positive psychology

Day Two – Sunday 19 April 2015

- Mindfulness at work
- The relationship between mindfulness and spirituality
- Mindful coaching and mentoring
- The exercise/mindfulness interface
- Deepening and sustaining our mindfulness

Course details

Hosts: The Industrial Organisational Special Interest Group (IO SIG) but anyone is welcome to attend the programme.



Dates: Friday 17 April 2015– from 5 pm (Dinner at 6 pm!), until Sunday 19th April 2015 at 3.00 pm

Venue: St Francis Retreat Centre, 50 Hillsborough Rd, Mt Roskill, Auckland <http://www.stfrancisretreatcentre.org.nz>

Cost: Early-bird (payment before 28th Feb): \$288.89 + GST (\$325); Full price (after 28th Feb): \$400 + GST (\$450); Registered Psychologists (after 28th Feb): \$320 + GST (\$360)

Please register with Stewart Forsyth, stewart@fxc.co.nz. Stewart will arrange for an invoice to be sent to you. Refund policy: 100% refunds up to 1 March, 80% refund up to and including 1 April. No refund after this date. If the event is not run you will receive a refund.

What the fuss is all about ...

A latest large-scale systematic study on the efficacy of various forms of meditation programs (including mindfulness meditation) was commissioned by the US Agency for Healthcare Research and Quality, and published in 2014. After a review of 17,801 citations, the study based its conclusions on 41 randomised controlled trials with an active control, involving 2,993 participants. It concluded, "Meditation programs, in particular mindfulness programs, reduce multiple negative dimensions of psychological stress."

Goyal, M.; Singh, S.; Sibinga, E. M.; Gould, N. F.; Rowland-Seymour, A.; Sharma, R.; Berger, Z.; Sleicher, D.; Maron, D. D.; Shihab, H. M.; Ranasinghe, P. D.; Linn, S.; Saha, S.; Bass, E. B.; Haythornthwaite, J. A. (2014). "Meditation Programs for Psychological Stress and Well-being: A Systematic Review and Meta-analysis". *JAMA Internal Medicine* **174** (3): 357–68.