

Oxford Mindfulness Centre and the
Centre for Mindfulness Research and Practice, Bangor University
proudly present the:

Mindfulness in the Workplace Masterclass Training

Launch evening 30th January 2017

Location: HSBC, 8 Canada Square, Canary Wharf, London

Time: 7.30 – 9.00pm (arrive from 7.15pm)

Facilitated by Willem Kuyken, Tessa Watt and Michael Chaskalson



The landmark 2015 All Party Parliamentary Group Mindful Nation UK report suggested that mindfulness in workplaces can improve organisational culture, staff well-being, performance and quality. However for this field to flourish there is a need for high quality trainings that will prepare and support those wishing to teach mindfulness in ways that are acceptable, effective and create meaningful and lasting changes.

To support this emerging field in 2017 the Oxford Mindfulness Centre and the Centre for Mindfulness Research and Practice Bangor University are collaboratively offering a new Mindfulness in the Workplace Masterclass Training.

Join us for an evening of information and networking to learn about plans for a new phase of Mindfulness in the Workplace Teacher Training.

We expect the demand for this evening to be high and registration is required, please visit <https://www.bangor.ac.uk/mindfulness/regform.php?id=742> to register.
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