



**Oxford
Mindfulness
Centre**

EMBEDDING MINDFULNESS IN THE WORKPLACE

MASTERCLASS

with Leonie Schell



When: 10th November '19
Where: Oxford

MINDFULNESS IN THE WORKPLACE

This day is part of a series of Workplace Masterclasses being offered by Oxford Mindfulness Centre. It is open to all individuals with an interest in how mindfulness can support and enhance personal and organisational wellbeing. These Workplace Masterclasses are particularly informative for practitioners delivering mindfulness based training in the workplace.



Many organisations nowadays offer some form of mindfulness training. Yet few organisations offer support or guidance to their people on how to successfully integrate mindfulness practices into the daily workplace setting. With the wide variety of workplace contexts, are there shared principles that may be applied?

Leonie has significant experience in teaching mindfulness in the workplace. In this class you will explore the pathways to integrating mindfulness in the workplace and share a 'how to' framework for applying mindfulness to different workplace situations, forming mindful teams and building mindfulness into an organisation's architecture.

The day will be highly interactive with discussions about relevant workplace research and organisational case studies. Participants will also have an opportunity to develop a personal roadmap for embedding mindfulness in their team or organisation.

MASTERCLASS DETAILS

Course Leaders	Leonie Schell
How long is the Masterclass?	One Day 09:30 - 16:30
Who is the Masterclass for?	Mindfulness Teachers
Where is the Masterclass?	POWIC Building, Oxford
How many people on each Masterclass?	Up to 40
How much does the Masterclass cost?	£130 (including Lunch)

Leonie Schell is a management advisor specialising in large-scale transformations, culture change and employee engagement. She is the founder and former Chair of the global Mindfulness Network at Ernst & Young, where she taught 8-week mindfulness courses to over 2,000 people firm-wide.

During her time as Chair, Leonie had a particular focus on how to embed mindfulness into the organisation's architecture to achieve sustainable behaviour change and a more inclusive culture. In 2017 her network received an award from the All-Party-Parliamentary Group on Mindfulness in recognition of its leadership and innovation in the field of mindfulness training in the workplace.

Between 2015 and 2017 Leonie was an Associate at the Mindfulness Initiative, where she co-ordinated the private sector workplace taskforce and was a key contributor to their publication, The Case for Mindfulness in the Workplace. Leonie is on the teacher training pathway at Bangor University and has completed Teacher Training Level 2. She follows the Good Practice Guidelines for teaching mindfulness and is committed to daily practice, regular retreats and ongoing personal development.





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