



Case Study 2: Workplace^{MT} mindfulness training Cambridge University

Desired Outcomes

- To reduce stress and risk of burnout
- To improve focus and attention
- To improve self-awareness and self-management

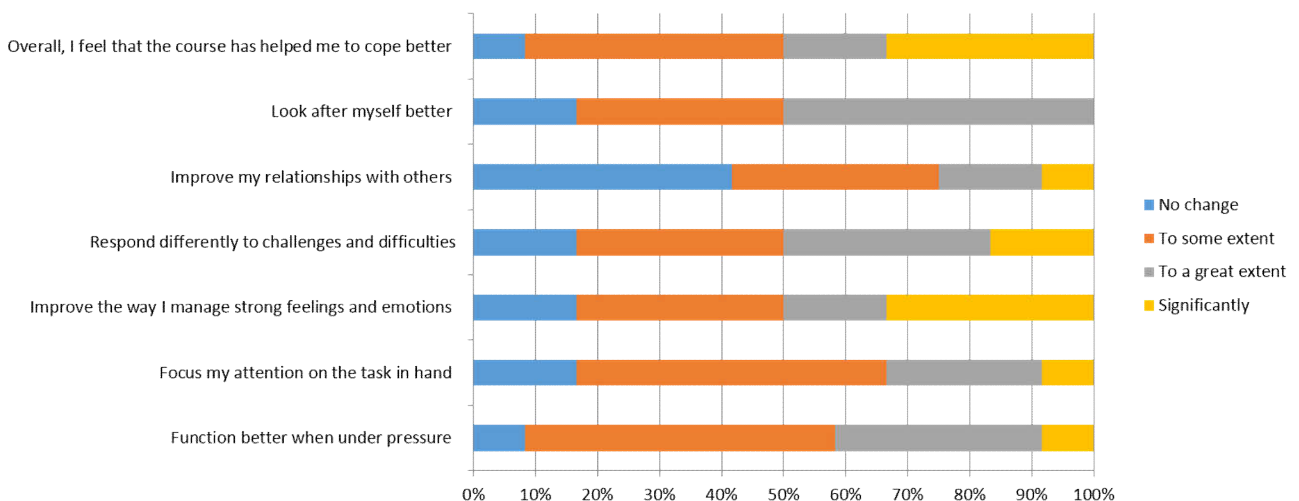
Our solution

A 4 week training programme based on the MBCT teaching syllabus from “Mindfulness: A Practical Guide to Finding Peace in a Frantic World” by Professor Mark Williams (Founder Director of the OMC) and Dr. Danny Penman. Participants were asked to buy or borrow a copy of this book, and read chapters related to weeks 1-8 each week. Key learnings from the 8 week course were taught over a 4 week period 1.5 hours a week + home practice.

Outcomes

Participants were asked to evaluate the value of various elements of the 4 week course.

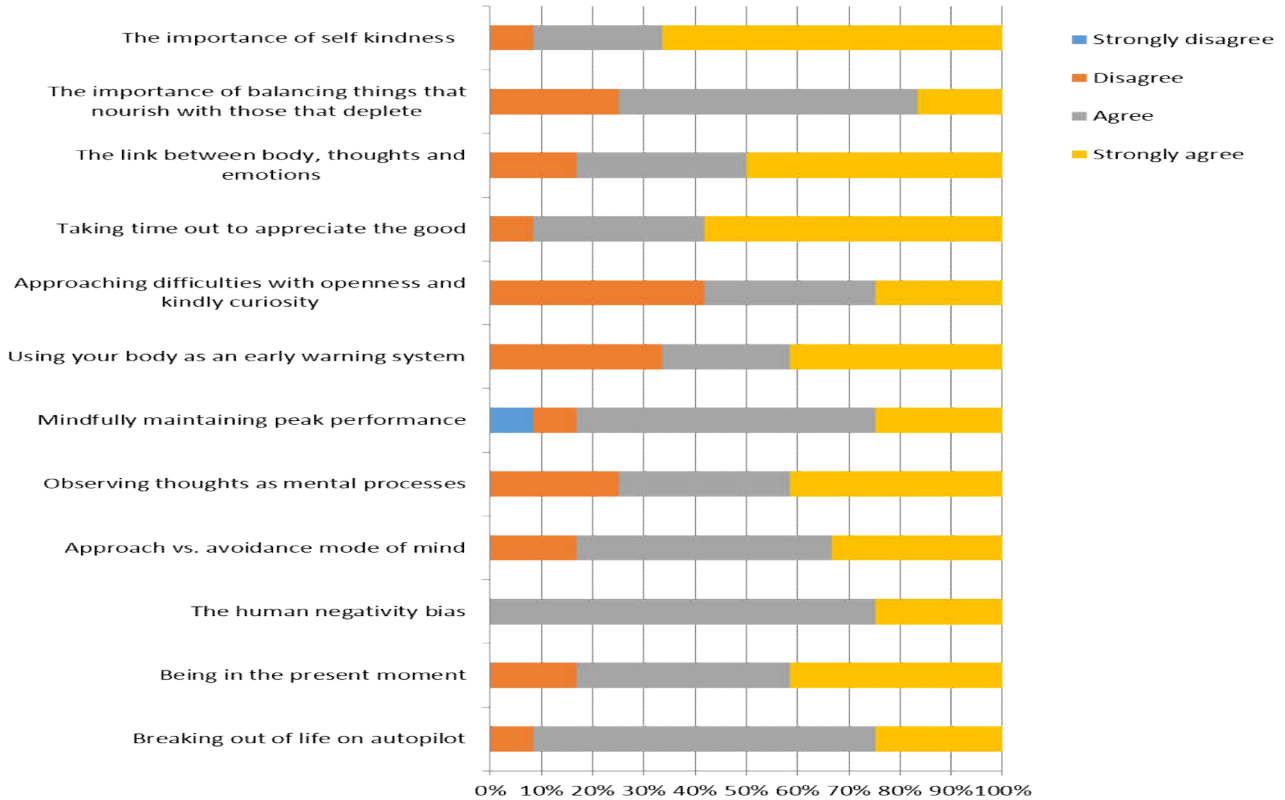
A summary of the feedback was as follows:





Participants were asked to evaluate the value of various elements of the 4 week course.

“The following elements of the course were valuable to me...”



Feedback from participants

- I think this was brilliant, just one session was enough to encourage me to take more care of myself! Everyone should do this
- Really useful and easy to understand
- It was an invaluable experience taught very well - thank you for these life lessons!
- I found taking control of my interpretations of situations useful I hope continuing to practice more will help me to improve things in the future
- This course has been really helpful thank you so much :-)

Trainer: Juliet Adams FCIPD, WorkplaceMT Master Trainer