



Mindfulness For Enhanced Performance

Our Corporate Client List

- Agency for Integrated Care
- Civil Aviation Authority of Singapore
- Community Psychology Hub
- Exxon Mobil
- Goldman Sachs
- Hwa Chong Institution
- Institute of Mental Health
- Keppel Land
- Keppel T&T
- Lee Kuan Yew School of Public Policy
- Ministry of Education
- National Addiction Management Services Centre
- National Council of Social Service
- NTUC Learning Hub
- Raffles Hotel
- Ren Ci Hospital
- Shanda Group
- Singapore Armed Forces
- Singapore General Hospital
- Singhealth Polyclinics
- Social Service Institute
- South East Community Development Council
- St. Anthony's Canossian Secondary School
- Standard Chartered Bank
- Swire
- Tan Tock Seng Hospital

Course survey results and testimonials are available at www.brahmcentre.com

Paying attention to one's moment-to-moment experience of thoughts, emotions and bodily sensations allow people to recognize how the mind and the body respond in stressful situations. This will help improve both physical health and mental performance, bringing about greater attentional control, emotional regulation and job performance.

Scientific Evidence Of The Benefits

Researchers found that the more mindful the supervisor, the lower their employees' emotional exhaustion and the higher their job satisfaction.

More mindful people were less likely to feel frustration.

University of Berkeley 2014

Davidson and colleagues (2003) further found that mindfulness meditation practices both improved energy levels and enhanced the immune systems of employees in high stress jobs.

4-Week Course Outline (3 hour per session)

- Session 1: Enhancing Self-Awareness & Developing Positive Attitudes
- Session 2: Understanding and Dealing with the Sources of Negative Stress
- Session 3: Mindful Listening & Mindful Speech for Positive Communications
- Session 4: Developing Empathy For Enhanced Teamwork

Workshops

Half-day and one-day workshops are also available

Venue

Brahm Centre, client's premises or off-site



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Course Bookings, Fees & Enquiries

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