

Developing Resilience with Mindfulness-based tools

60-minute master class

FACT: Stress and employee burnout is a symptom of today's workplaces that are increasingly fast-paced, complex and demanding. The speed of change and the amount of stress employees manage is extremely high. Gallup research states that 8 in 10 employees experience burnout on the job at least sometimes. This is preventable!

Developing mental and emotional resilience makes a radical difference between a motivated employee and one that is drained, not engaged, and on the way to strain then burnout.

HR are prioritizing Resiliency training as a must have!

One-hour Developing Resilience with Mindfulness-based Tools is a focused, dynamic, and highly practical workshop based on the latest neuroscience research for participants to:

- Learn about the brain and physiology of stress and how this affects performance, mental, emotional and physical wellbeing
- Learn how to Develop **Resiliency** with the **Mindful Leadership ACT model**

Target Audience

This workshop can be run at all levels and is especially relevant today.

Learning Objectives

Based on the latest research findings that provides participants with knowledge and skills to develop resiliency and manage themselves better through **three ACT Model core values A- ACHIEVE, C-CONNECT and T-THRIVE**

A- Achieve: *Increasing self awareness and self-management with the importance of building resiliency on an individual level*

- Understand Resiliency as a skill that can be learnt
- Recognize and understand stress and it's influence on performance and wellbeing
- Build resiliency – How to!

Mindful ACT Leadership Model



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C-Connect: *Increasing social awareness, monitoring emotional reactions and encouraging positive and supportive interpersonal relationships*

- Understand triggers and heated experiences and how this affects us
- With the ACT model learn to bounce back quicker from conflict

T-Thrive: *Understanding that a resilient organization is a collaborative effort of managers and employees at all levels*

- Create a work environment atmosphere for resiliency to emerge/develop
- Building a “we” and systemic mentality to collectively thrive

Workshop Benefits

Participants will:

- Gain tools to build resiliency and reduce stress
- Understand more about the neuroscience of how the brain works
- Be challenged to contribute to fostering a resilient culture and ecosystem



Libby Kazes - Angel • 1st
Human Resources Director at L'Oréal
10h • 🌐

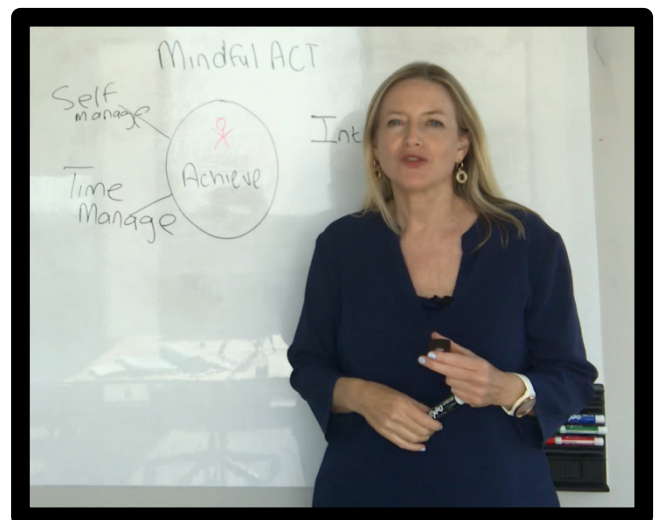
This week reminds me why I love my job! I had so much satisfaction and fulfillment to help growing our wonderful managers, as part of L'oreal leadership strategy and action, with two amazing development journeys led by Tal Cohen, Samantha Amit and Dana Yahav!

[Samantha Amit](#), [Tal Cohen](#), [CPC](#), [Dana Yahav](#), [L'Oréal](#)



Maryam Momeni • 1st
Product Development Delivery Manager at GRUNDF...
2d • 👤

[Samantha Amit](#) is a super professional coach with a fantastic leadership approach. I am very looking forward to her Mindful Leader Webinar and would like to recommend it to you, today and future leaders :-)





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Samantha Amit

Leadership and Team Coach, Mindfulness Practitioner, Author

Creator of the Mindful Leadership Online Program and Conscious Leadership Digital Program, growing resonant, resilient, adaptive, high-performing leaders, teams, and companies. Based in Israel, coaching and training leaders primarily in Tech and Finance in 30 countries and 6 continents to ACT - Achieve, Collaborate and Thrive. Sam is co-author of Mindfulness at Work, the practice and science of Mindfulness for Leaders, Coaches and Facilitators together with Professor Jonathan Passmore. (2017).

Sam is a MBSR Mindfulness-based stress reduction practitioner (Bangor University in Wales and Reichman University in Israel).



My uniqueness is the combination of highly practical approaches that I use that are brain-based and backed by the latest research.

I motivate and offer a set of practices that leaders can choose from, to understand their thinking and how through building self-awareness, experimenting, and making conscious choices we can manage ourselves better and be very intentional, influence and positively impact others and our ecosystem.

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