

## Abstract

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Presentation title:	Applying mindfulness to build resilience and cope with uncertainty
Slot:	Workshop Stream II, 10:30-11:40
Abstract:	<p>In today's volatile world, we are under more pressure to deliver innovative solutions that drive both customer and business value. But all too often, we are time poor, multi-tasking, and dealing with difficult stakeholders, leading to poorer performance and stress. Not only that, we have to cope with the constant barrage of news, emails and distractions. It takes more than just perseverance to manage these demands. We need mindfulness.</p> <p>This workshop will help you understand how mindfulness helps you deal with stress and build resilience. Mindfulness helps you to think more clearly, remain focussed and cope with challenges with more ease. You will learn practical techniques to apply mindfulness in everyday activities to manage stress and be more resilient in these uncertain and unprecedented times.</p>
Main topics:	<p>By attending this workshop, you will:</p> <ul style="list-style-type: none"> <li>&gt; Understand mindfulness and its benefits.</li> <li>&gt; How mindfulness helps us cope with stress and uncertainty.</li> <li>&gt; Learn some simple mindfulness techniques to build resilience.</li> </ul>