

**Meditation-based Wellness & Compassion Training** 

**Positive psychology-based Wellness & Compassion Training** 

**Coaching-based Wellness & Compassion Training** 

## Staff Wellness & Compassion Sessions (July 2022 schedule)

Zoom meeting number: **Please email [Nickolasysydney@gmail.com](mailto:Nickolasysydney@gmail.com)**

### Daily online Meditation-based Wellness & Compassion (MWAC) sessions:

*Self-care helps us care for others.* Please drop into any session, whenever you can.

**Mondays:** *Guided Mindfulness* **2.30-2.45pm**

Research has found that mindfulness helps to reduce stress and cultivate a clear and calm mind.

**Tuesdays:** *Guided Mindfulness* **10.00-10.10am** + **2.30-2.45pm** *Guided Kindness or Compassion*

Research has found that kindness and compassion practice helps to strengthen care and connection.

**Wednesdays:** *Guided Gratitude* **2.30-2.45pm**

Gratitude practice helps to balance the stress of life, with pleasant and uplifting thoughts and feelings.

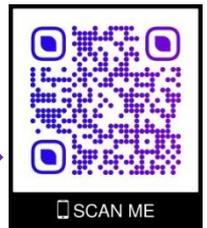
**Thursdays:** *Guided Mindfulness* **10.00-10.10am** + **2.30-2.45pm** *Guided Self-compassion*

Research has found that self-compassion is powerful, but not easy. Practise growing your self-compassion.

**Fridays:** *Guided Deep Relaxation* **2.30-2.50pm**

A chance to release physical, emotional and mental tension that has accumulated throughout the week.

Can't make the live sessions? Try the MWAC meditations @ [www.humankindmeditation.com](http://www.humankindmeditation.com) or 



### 'Wellness Soundbite' sessions (informed by positive psychology, coaching & meditation)

These helpful and thought-provoking sessions include a mini-presentation, reflection, and Q&A.

Tue Jul 5	2.45-3.15pm	<i>Meditation Clinic</i> (a chance to ask questions & and share your reflections about meditation)
Thu Jul 7	2.45-3.15pm	How to be an even better listener (using a 4 part deep listening method)
Tue 12 Jul	2.45-3.15pm	How to assess and cultivate motivation (using a 4 part method)
Thu 14 Jul	2.45-3.15pm	'Action is the antidote to despair.' A discussion about this quote
Mon 18 Jul	2.45-3.15pm	How to deescalate yourself when you feel triggered or angry (a 4 part method)
Tue 19 Jul	2.45-3.15pm	How to cultivate an attitude of gratitude (including a 3 part gratitude method)
Wed 20 Jul	2.45-3.15pm	<i>Peer Support Chat</i> (a chance to express what work has been like for you lately)
Thu 21 Jul	2.45-3.15pm	What are strengths? Why use strengths? How to use strengths?
Mon 25 Jul	2.45-3.15pm	What are some common unhelpful thinking patterns and what to do about this?
Tue 26 Jul	2.45-3.15pm	How to be an even better listener when people are in two minds (by doing double-sided listening)
Wed 27 Jul	2.45-3.15pm	Developing greater emotional intelligence (by using a 4 part emotions model)
Thu 28 Jul	2.45-3.15pm	<i>Wellness Chat</i> (an opportunity to ask questions and share experiences about wellness)

**Wellness Chat:** stay on line each day for a chance to chat about wellness, or a friendly listening ear with Nickolas

Want to learn how to facilitate mindfulness, deep relaxation, and wellness sessions? Contact Nickolas

**Thank-you for the care that you are providing people, and for participating in these wellness sessions!**

More information: [Nickolas.yu@health.nsw.gov.au](mailto:Nickolas.yu@health.nsw.gov.au) Program Manager Staff Wellness & Patient & Family-centred Care.

## Mindfulness Facilitation Workshop

The *Mindfulness Facilitation Workshop* teaches people **how to facilitate brief mindfulness sessions for colleagues at work.**

These sessions are sometimes called ‘*Mini-MWAC sessions.*’ Once you have completed this workshop, and associated learning activities (listen to audios, watch videos, complete a short answer workbook, have individual meditation coaching sessions), you will be able to facilitate brief mindfulness sessions for colleagues (e.g. during meetings, in-services, huddles etc.)



### Why the *Mindfulness Facilitation Workshop*?

Working as a health worker is important and rewarding work. But physical, mental and emotional tension can accumulate throughout the work day. This activates the stress response and sympathetic nervous system. Research has found that mindfulness is a simple and effective way to release stress, and improve mental health and wellbeing, relationships, and aspects of physical health and brain function (Dr. Goleman & Prof. Davidson 2017; Prof. Huppert & Yu 2021).

Expressions of Interest are accepted all year round. Interested people will be contacted when workshop dates are released.

### Learning outcomes

By the end of the workshop and associated learning activities, it is anticipated that you will be able to introduce and facilitate brief mindfulness practices for colleagues.

**DATE & VENUE:** Please contact Nickolas (details below) for details of the training sessions.

**FLEXIBLE DELIVERY:** Face-to-face training is encouraged, but if this is not possible then online zoom training, and on demand training may be negotiated.

**HOW DO I APPLY?:** Email your interest, to both [nickolas.yu@health.nsw.gov.au](mailto:nickolas.yu@health.nsw.gov.au) (title the email ‘MINDFULNESS FACILITATION WORKSHOP’). Please include your **name, email, work phone number, mobile phone number, ward/team that you work in, hospital/site you work at, and manager’s name. To be considered for this training you need to work for NSW Health.**

**Workshop leader:** Nickolas Yu (Program Mgr. Staff Wellness & PFCC, Sydney Local Health District) will be teaching the program. He is a qualified nurse, coach and internationally trained meditation teacher. He has pioneered the wide-scale introduction of *Meditation-based Wellness and Compassion* (MWAC) training, and *Workplace Coaching* in NSW Health. Nickolas is skilled at teaching coaching, meditation, and positive psychology practices in an engaging and practical manner.

*Thank-you for the care that you are providing people, and for participating in these wellness sessions!*

More information: [Nickolas.yu@health.nsw.gov.au](mailto:Nickolas.yu@health.nsw.gov.au) Program Manager Staff Wellness & Patient & Family-centred Care.