

Mindfulness workplace training

Learn evidence-based mindfulness skills for ongoing stress management

Understand the stress response and how to build resilience

Learn how to increase your concentration and improve performance

A one day workshop is the most effective way of introducing mindfulness into the workplace. Workshop participants will develop an understanding of the theoretical framework, learn how mindfulness assists the stress response, experience a range of mindfulness exercises, and gain the skills and confidence to continue the practice.

Workshops can be offered in Melbourne, as well as regional areas.

What is Mindfulness?

Mindfulness has been practised and developed for thousands of years, and its benefits have been validated by the latest scientific research into neuroplasticity, that is, the ability of the brain to change. Using simple proven techniques, mindfulness directly counteracts the effects of stress on our minds and bodies.

Mindfulness workshops can help you...

- Relax more
- Handle stress better
- Develop resilience by staying in the present moment
- Improve your interpersonal communication
- Be a more effective leader
- Increase your concentration, clarity and creative thinking
- Have more energy and appreciation for life



Organisations which have received mindfulness training with Anja Tanhane include:

- Department of Human Services
- Anglicare
- ISIS Primary Care
- EACH Social and Community Health
- Mullum Mullum Indigenous Gathering Place
- Merri Community Health
- COTA
- Wimmera Uniting Care

Research-based

The professional training in mindfulness is based on the evidence-based Mindfulness Based Stress Reduction program. This was developed by Professor Jon Kabat-Zinn at the University of Massachusetts Medical School, and has been researched and used world-wide for over thirty years with great success.

About Anja Tanhane

Anja Tanhane is a registered music therapist, qualified Mindfulness Based Stress Reduction (MBSR) teacher, and Tai Chi instructor. A meditation and Tai Chi practitioner for over twenty-five years, she has provided workplace training in mindfulness and self care to a wide range of community health and service providers, hospitals, and DHS case managers, both in Melbourne as well as regional centres. She has also offered rejuvenation days, incorporating mindfulness and self care, for community leaders and volunteers in bushfire-affected areas. She has been interviewed on mindfulness for the Australian Women's Weekly website, and has given presentations about mindfulness, including for AMTA and for the 'Meditation Matters' day at the University of Melbourne. You are welcome to contact her to discuss workplace training in mindfulness and self-care at your organisation.

Relevant Professional Qualifications and Training

Bachelor of Music Therapy, University of Melbourne
Professional Training in Buddhism and Psychotherapy (2 years post-graduate), AABCAP
MBSR teacher training, Openground
Facilitator training for *Tuning into Kids* parenting programme
Clinical member of AMTA, Associate Member of AABCAP

Professional experience teaching mindfulness and Tai Chi

Workshop and retreat facilitation
Mindfulness Based Stressed Reduction teaching
Individual and group teaching of meditation and Tai Chi
Workplace training in mindfulness and self-care
Tai Chi instructor with Celestial Tai Chi College

What clients say about the workshops

'The rejuvenation day was a wonderful opportunity to focus on self care and mindfulness with great facilitators, I walked away feeling pampered and refreshed.'

'Great, practical learning that I expect will bring rich rewards to my life.'

'Such a worthwhile exercise – all employees deserve such a positive experience.'



Anja Tanhane

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