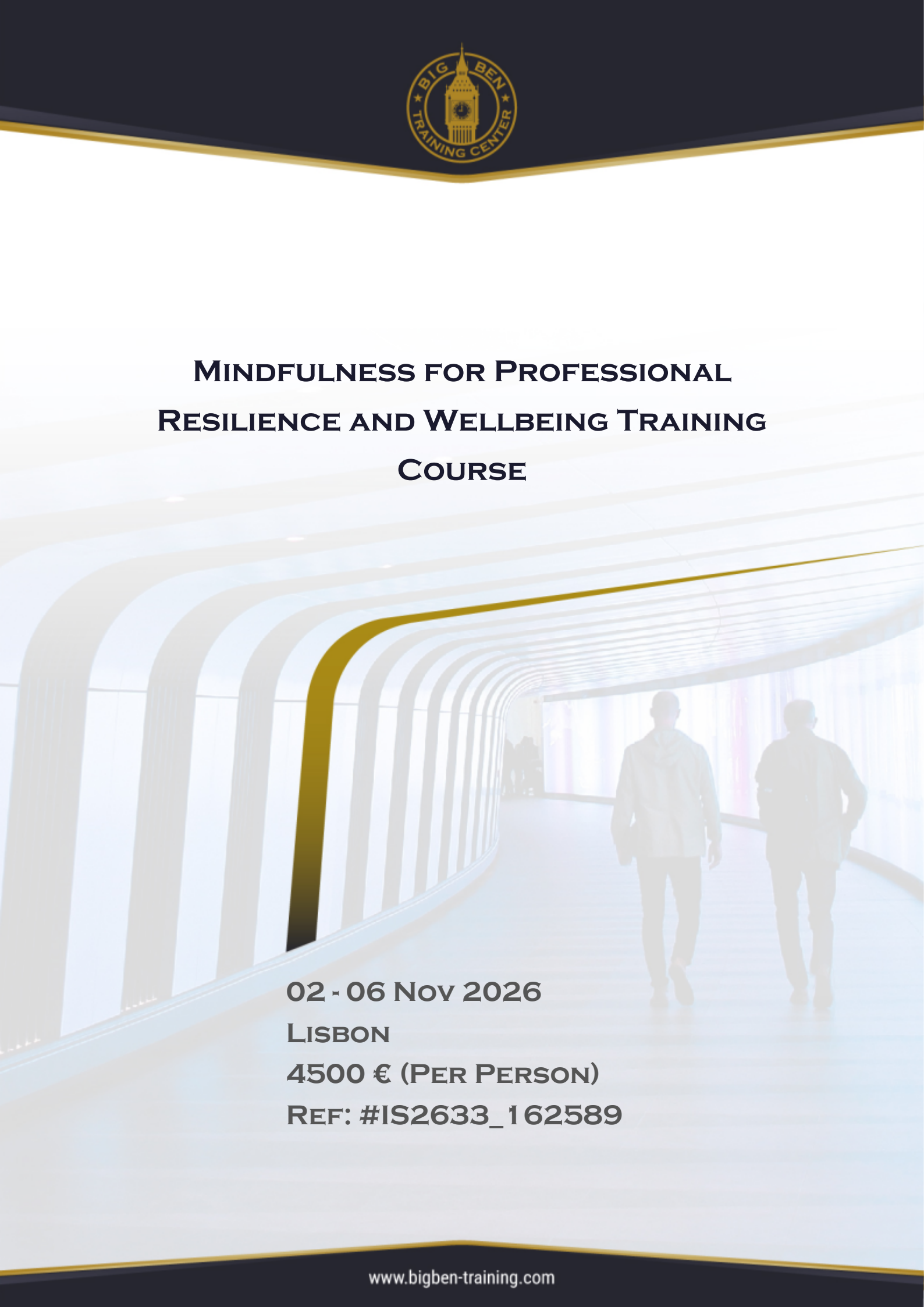
Mindfulness for Professional Resilience and Wellbeing Training Course



02 - 06 Nov 2026

Lisbon

4500 € (Per Person)

Ref: #IS2633_162589

Course Introduction / Overview:

In today's fast-paced corporate environment, the pressures of constant connectivity, high expectations, and rapid change can lead to significant stress and burnout, impacting both individual performance and organizational health. This training course is designed to address these challenges head-on by equipping professionals with practical, evidence-based mindfulness and wellbeing strategies. We move beyond temporary fixes to instill lasting skills for mental clarity, emotional regulation, and enhanced resilience. The curriculum is deeply influenced by the pioneering work of Jon Kabat-Zinn, particularly his development of Mindfulness-Based Stress Reduction (MBSR) and the principles outlined in his seminal book, "Full Catastrophe Living". Participants will learn not just to cope with stress, but to transform their relationship with it, fostering a proactive approach to mental and emotional health. BIG BEN Training Center has developed this program to provide a comprehensive toolkit that integrates the science of neuroplasticity with actionable workplace applications, enabling professionals to thrive amidst complexity and cultivate a sustainable path to peak performance and personal fulfillment. This course is an investment in the most valuable asset of any organization, its people.

Target Audience / This training course is suitable for:

- Corporate Professionals at all levels.
- Team Leaders and Supervisors.
- Department Managers and Directors.
- Human Resources Professionals.
- Project Managers.
- Executives and Senior Leadership.
- Employees experiencing high levels of work-related stress.
- Anyone seeking to improve work-life balance and personal wellbeing.

Target Sectors and Industries:

- Technology and IT Services.
- Financial Services and Banking.
- Healthcare and Pharmaceuticals.
- Consulting and Professional Services.
- Government Agencies and Public Sector Organizations.
- Education and Academia.
- Retail and Customer Service.
- Manufacturing and Engineering.

Target Organizations Departments:

- Human Resources and Talent Management.
- Operations and Logistics.
- Sales and Business Development.
- Marketing and Communications.
- Information Technology.
- Executive Leadership and Management.
- Customer Support and Service.
- Finance and Accounting.

Course Offerings:

By the end of this course, the participants will have able to:

- Develop practical mindfulness techniques to manage stress and prevent burnout.
- Enhance focus and concentration in a digitally distracting environment.
- Improve emotional regulation and interpersonal communication skills.
- Cultivate a resilient mindset to navigate workplace challenges effectively.
- Apply strategies to improve work-life integration and overall wellbeing.
- Foster psychological safety and a positive team culture.
- Lead with greater awareness, empathy, and compassion.
- Create a personalized action plan for sustainable wellbeing practices.

Course Methodology:

The training methodology for this course is designed to be highly interactive, experiential, and transformative. At BIG BEN Training Center, we believe that learning about mindfulness and wellbeing is most effective when it is practiced and embodied, not just intellectually understood. The program blends expert-led instruction with a variety of hands-on activities to ensure deep learning and practical application. Participants will engage in guided mindfulness meditations, reflective journaling, and breathwork exercises to build foundational skills. Interactive group discussions and peer-to-peer coaching sessions provide a safe space for sharing experiences and insights. We will analyze real-world case studies of organizations that have successfully integrated wellbeing programs, exploring both their triumphs and challenges. Practical workshops will focus on applying techniques to specific workplace scenarios, such as mindful communication during difficult conversations or maintaining focus during high-pressure projects. Each participant will develop a personalized wellbeing action plan, receiving constructive feedback from facilitators and peers to ensure the strategies are realistic and sustainable long after the course concludes. This immersive approach guarantees that attendees leave with not just knowledge, but with the confidence and skills to create meaningful change.

Course Agenda (Course Units):

Unit One: Foundations of Mindfulness and Corporate Wellbeing

- The Modern Professional's Dilemma, Stress, and Burnout.
- Defining Mindfulness and Differentiating it from Misconceptions.
- The Neuroscience of Stress and Mindfulness, Understanding Neuroplasticity.
- The Business Case for Wellbeing, Linking Employee Health to Organizational Performance.
- Introduction to Core Mindfulness Principles.
- Mindful Self-Assessment, Identifying Personal Stress Triggers.
- Setting Intentions for a Personal Wellbeing Journey.

Unit Two: Core Mindfulness Practices for the Modern Professional

- The Power of the Breath, Foundational Breathing Techniques.
- The Body Scan Meditation for Increased Physical Awareness.
- Mindful Observation, Cultivating Presence in Daily Activities.
- Integrating Micro-Practices into the Workday.
- Techniques for Managing Digital Distractions and Enhancing Focus.
- Mindful Meetings and Mindful Email Practices.
- Guided Meditation for Deep Relaxation and Mental Clarity.

Unit Three: Emotional Intelligence and Mindful Communication

- The Link Between Mindfulness and Emotional Intelligence.
- Developing Self-Awareness, Recognizing and Naming Emotions.
- Techniques for Emotional Regulation in High-Pressure Situations.
- Cultivating Empathy and Compassionate Listening.
- Mindful Communication, Speaking and Listening with Intention.
- Navigating Difficult Conversations with Presence and Skill.
- Giving and Receiving Feedback Mindfully.

Unit Four: Building Resilience and Managing Workplace Stress

- Understanding the Body's Stress Response Cycle.
- Cognitive Reframing, Changing Your Relationship with a Stressful Thought.
- Strategies for Preventing and Recovering from Burnout.
- Developing a Resilient Mindset to Navigate Setbacks and Change.
- The Role of Self-Compassion in Building Resilience.
- Creating Healthy Boundaries for Sustainable Work-Life Integration.
- Problem-Solving with a Calm and Focused Mind.

Unit Five: Cultivating a Culture of Wellbeing and Sustainable Performance

- The Leader's Role in Championing a Culture of Wellbeing.
- Creating Psychologically Safe Teams and Environments.
- Strategies for Fostering Mindful and Resilient Team Dynamics.
- Moving from Time Management to Energy Management.
- Designing a Personal and Sustainable Wellbeing Action Plan.
- Techniques for Maintaining a Long-Term Mindfulness Practice.
- Capstone Session, Sharing Insights and Committing to Action.

FAQ:

Qualifications required for registering to this course?

There are no requirements.

How long is each daily session, and what is the total number of training hours for the course?

This training course spans five days, with daily sessions ranging between 4 to 5 hours, including breaks and interactive activities, bringing the total duration to 20 - 25 training hours.

Something to think about:

How might the systematic integration of mindfulness practices at an organizational level shift the paradigm from reactive stress management to proactive wellbeing cultivation?

What unique qualities does this course offer compared to other courses?

This course distinguishes itself by moving beyond surface-level relaxation techniques to offer a deep, strategic integration of mindfulness into the core of professional life. Unlike programs that focus solely on individual coping mechanisms, our curriculum emphasizes the development of skills that foster both personal resilience and a healthier organizational culture. We bridge the gap between ancient contemplative practices and modern neuroscience, providing a clear, evidence-based framework for why these strategies are effective in today's demanding workplace. The focus is not just on meditation but on the practical application of mindfulness in everyday corporate scenarios, from leading a team meeting to managing a challenging project deadline. Participants learn to cultivate emotional intelligence, enhance communication, and build the psychological fortitude necessary to thrive amidst uncertainty. Furthermore, the course culminates in creating a sustainable, personalized action plan, ensuring that the learning translates into lasting behavioral change. It is an architectural approach to wellbeing, designed to build a solid foundation for sustainable performance, compassionate leadership, and a thriving work environment, rather than simply offering a temporary retreat from stress.