

# MINDFULNESS VS. STRESS

A new workshop by **Dr Chantal Hofstee**



Stress is often seen as a badge of honor. Yet, it comes with a high cost in sick leave, absenteeism and turnover, as well as reduced productivity and performance.

The great news is that there are simple, low cost techniques that help manage stress levels in daily life – making your staff more productive, creative and resilient. Many companies, including Google, Apple and Deutsche Bank are turning to mindfulness based stress management training for their staff.

## MINDFULNESS – THE SIMPLE SOLUTION

There is now compelling scientific evidence that people become more resilient, when they learn and regularly practise stress management techniques. This resilience improves performance under stress and protects people from burnout.

Your brain has an incredible capacity for clear and focused thinking; the type of thinking that gives you unique, innovative ideas and lifts your performance to the next level. **For most of us this capacity is not fully realized.**

## DR CHANTAL HOFSTEE

*Clinical Psychologist, Executive coach  
and Author of Mindfulness on the Run*

Dr Chantal Hofstee is one of New Zealand's leading mindfulness teachers. She is on a mission to help people take control of their stress. She teaches research based mindfulness techniques, which don't require a formal meditation practice but can be used on the go, yet they have been called 'enlightening' and 'gently life changing'.



*Dr Chantal guiding workshop participants through a stress reduction exercise*

*“By far the best ‘self-development’ workshop I have done!”*

*– Jane Smathers, Team leader Inland Revenue*

*“Excellent course with practical application for ideas for work. Chantal is great! She is confident, personable, likeable, knowledgeable and fully competent in the material”*

*– Wayne Buck, Accountant, Crown Forestry Rental Trust*

This training combines research based mindfulness with powerful psychological techniques to teach you how to optimally manage stress and harness the potential of your brain.

## KEY LEARNING OUTCOMES

The participants leave the workshop with;

- » Insight into how their brain works
- » 3 – 5 short mindfulness techniques
- » Practical suggestions on how to incorporate some mindfulness in their everyday (work)lives

**DURATION:** 1–2 hours\*

**LOCATION:** In-house or at an arranged location in NZ / AU

**COST:** From \$1000 + GST

*\*To get the full benefits of mindfulness in business, this workshop can be extended to a longer, in-house professional development training.*

**BOOK NOW**

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