

# Building resilience in people - being Mindful



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## - *ARE YOU FEELING TIRED, OVERLOADED, ANXIOUS AND/OR STRESSED?*

- *The human condition: lost in thought*

- *Eckhart Tolle*

### 1 Introduction

In South Africa Real GDP contracted at an annualised rate of 1.8% in 4Q2008, down sharply from the 0.2% growth recorded in 3Q2008 (RMB Economics Research). This is in line with a deteriorating global economy.

We know that how we have been conducting business is not sustainable. We need to do find a different way – do things different. By more analysis, more cost cutting, more focus on what brings the coal out of the ground in other words just more of the same, we are not going to find a new way of working nor a new way to survive. The only real differentiator organisations have is their people. Currently most of the people in organisations are not in great shape. People are stressed about finances, tired & overworked and anxious about their future. The factors impact on employee productivity.

Mindfulness proposes a way of building resilience in people to enhance their ability to cope and deal with uncertainty and change. It is about looking at yourself and the world around you in a way that puts us in touch with our inner and outer reality. Being out of touch with what is happening inside ourselves is the basis for a lot of discontent and confusion. When we feel like this, it is hard to see and understand what is going on, so we don't know why we feel the way we do. Many people are trapped in patterns of:

- Irritation, self-doubt, feelings of inadequacy and confusion
- Sadness, discontent and depression for no apparent reason
- Obsessive thoughts and compulsive behavior.
- Feelings of being out of control
- Feeling deeply tired, paralyzed by over-analyses of the past & future, depressed, overloaded, not coping and stressed-out.

When we develop Mindfulness we build resilience to deal with change. We find that a natural process of learning and inner discovery opens up because Mindfulness brings us into the present moment. When we stay in the moment our inherent intelligence, which has a transforming potential, is revealed. Then we can start to view the world differently and come up with different answers to our current challenges.

Mindfulness is cutting edge practice.

Oxford University (UK) and Bangor University (Wales) are currently teaching Mindfulness as a post graduate module in the Business, Education, Healthcare and Psychology departments. Many universities in the USA and also Australia are teaching Mindfulness as well. A short program in mindfulness meditation produces demonstrable positive effects on brain and immune function.

## 2 Course Objective

We offer simple steps for developing Mindfulness, based on the understanding that it is a faculty like our other faculties - sight, hearing, smell, taste and touch.

What is Mindfulness?

*Knowing what is happening, while it is happening, without preference*

The first stage of mindfulness training leads to the development of tranquility, a restful state of mind. We learn to build resilience by freeing ourselves from reactivity and discursive thoughts patterns. . The second stage is the natural process of developing insight that frees us from the roots of our neurotic, painful and problematic mind states and behavior. We start to experience stability and happiness and are able to deal with change better. We let go of defensive behaviour, are able to focus and make better decisions.

## 3 Course Outcomes

You will learn:

- How to build resilience to deal with change
- How to let go of defensive and destructive behaviour
- How to recognize and overcome negative thoughts
- How to balance the mind
- How to accept ourselves and others
- How to be more present with our own experience and in our relationship with others

## 4 Course Structure

The course structure is flexible and may be adapted.

## 5 Course Information

### 5.1 Cost

The cost of the course is R4 065 (excl VAT) per delegate. It includes a participant guide for each delegate, Refreshments and light meals will be provided.

### 5.2 Venue

To be confirmed closer to the time.

### 5.3 Contact Details

If you wish to register or enquire about this course, please contact [info@changesystems.co.za](mailto:info@changesystems.co.za) .

## 6 CV of Course Facilitator: Lorraine de Raay



Lorraine is a Clinical Psychologist in private practice & an experienced Mindfulness practitioner.

She has run Mindfulness courses in a variety of settings. She also co-ordinates the development of experienced Mindfulness practitioners to become Mindfulness trainers for Mindfulness Africa, a Non Profit Organisation dedicated to helping people manage their lives in a way that enhances their and other's well being in whatever way seems most appropriate for them.