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# MINDFULNESS & COMPASSION PROGRAMME

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A 6 WEEK PROGRAMME FOCUSING ON STAFF WELLBEING



The 6 week course includes a taught component relating to mindfulness and compassion, 2 experiential practices & a group discussion about experiences. The group will have a maximum of 15 people and will be delivered online via MS Teams to facilitate accessibility.

The course is geared towards supporting staff with their wellbeing and has been composed based on Mindfulness and Compassion focused literature. This includes drawing upon knowledge from compassion focussed therapy and mindfulness based interventions.

The programme will be delivered by the psychology team within the Occupational Health Service.

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## ARE YOU INTERESTED?

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If you are interested in taking part in the 6 week programme, please discuss with your manager and then use the MS forms link below or use your phone to scan the QR code:

<https://forms.office.com/r/2FQspRtyAc>



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