



# Mindfulness Training Course Brochure

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1 Day Practical Workshop



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# The Right Fit.....For You

**Mindfulness - non-judgmental present moment attention training - has been shown by a growing number of studies to have beneficial effects on health, productivity and team dynamics.**

Our one day **Mindfulness** course will help learners to develop their mental fitness and **manage some of the emotional barriers** that are currently preventing them from thriving in their job.

During the course, we will **introduce you to mindfulness and self care**, tell you everything you need to know about the **science behind this evidence based practice** and provide you with the opportunity to **practice mindfulness techniques in a fun and supportive environment.**

Our aim is that each learners leaves the course with the **knowledge needed to develop a personal strategy to reduce stress, regain balance and improve your focus in everyday life.**

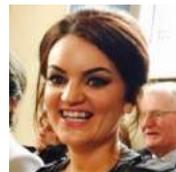
*"I speak for all in saying that it was an excellent course. I found the course very interesting and beneficial both for my work and future career."*

**Marcin Cesarz, Lead Business Analyst, AIB**



*"We are all very happy with the training carried out last week & will definitely be in contact in the future"*

**Aoife O'Rourke, Key Account Manager, Tool & Plastic**



*"Great exercises, very relaxed and great models to explain, learning process and delivery of the information."*

**Jonathan Latimer, Fleet Training Instructor, City Jet**





# Why Choose Our Mindfulness Course

DCM Learning's Mindfulness course will help learners to develop their mental fitness and manage some of the emotional barriers that are currently preventing them from thriving in their job. We will provide you with the opportunity to practice mindfulness techniques in a fun and supportive environment.

## Specific reasons to choose this course:



**Experienced:** We have trained over 227 individuals successfully in Mindfulness skills over the last two years.



**Support:** 15 full-time training consultants plus support staff (21 in total). We are large enough to be well resourced but small enough to care.



**Experienced Training Team:** Our trainers are Training Practitioners with years of industry experience as well as vast training experience.



**Quality Assured Training:** Make sure you Safeguard Your Training Investment. DCM offer courses accredited by national and international certification bodies, including QQI, PMI, IASSC, and Scrum.org.

## You're in Good Company

We have delivered our Mindfulness programme to the biggest brands in Ireland including Google, Intel, Central Bank of Ireland, ESB, Football Association of Ireland and Abbott so you can have confidence in our ability to deliver the results you want to achieve.



Banc Ceannais na hÉireann  
Central Bank of Ireland  
Eurosystem



INTERNATIONAL





# Mindfulness Training Course Outline

## COURSE OVERVIEW

This one day course will help learners to develop their mental fitness and manage some of the emotional barriers that are currently preventing them from thriving in their professional and personal lives.

During the course, we will introduce you to mindfulness, tell you everything you need to know about the science behind this evidence based practice and provide you with the opportunity to practice mindfulness techniques in a fun and supportive environment.

Our aim is that each trainee leaves the course with the knowledge needed to develop a personal strategy to reduce stress, regain balance and improve your focus in everyday life.

## LEARNING OUTCOMES

By the end of the course each learner will be able to:

- Assess their personal stress levels and identify the common causes of stress in the workplace
- Identify the causes and effects of stress on their actions
- Recognise the symptoms of stress in themselves and their colleagues
- Recognise and utilise coping strategies when dealing with negative situations
- Develop long term strategies to reduce your susceptibility to feelings of anger and frustration

Below you will find a proposed course outline detailing all the topics covered on the training programme.



# Course Content

## TOPIC 1: AN INTRODUCTION TO MINDFULNESS

- What is mindfulness?
- The origins of mindfulness
- Mindfulness and brain science

## TOPIC 2: MINDFULNESS IN THE WORKPLACE

- The benefits of mindfulness in an organisational setting
- Mindfulness, resilience and productivity
- Mindfulness in your everyday working life: from reacting to responding
- Mindful Communication <sup>☞</sup> Mindful Leadership
- Boosting creativity and innovation using mindfulness <sup>☞</sup> Maintaining an effective work/life balance

## TOPIC 3: MINDFULNESS PRACTICE

- Incorporating Mindfulness into your daily routine
- Sustaining self-care when faced with challenges
- Basic mindfulness breathing techniques

## TOPIC 4: PERSONAL DEVELOPMENT PLAN

- Planning new behaviours and habits using mindfulness
- Developing self-assertiveness - taking greater control
- Self-motivation - maintaining your motivation
- Developing a personal action plan



## Damian McCourt

### Training Associate

Damian is a business professional with more than twenty-five years' experience in the financial and IT service sectors and is a highly experienced coach and consultant. His aim on all the workshops he delivers is to inspire and show clients how to use more of their infinite potential.

Damian has helped develop and deliver training to many successful businesses and organisations, helping people and organisations of all sizes and sectors achieve their goals.

Damian brings his passion for training to every course he delivers. His resulting style is interactive and inclusive, which empowers learners to develop their skills and achieve great results from training.

Some of the areas Damian specialises in are: Brain Training, Mindfulness, Action planning, Performance Management and Change Management.

Some of Damian's qualifications and affiliations include:

- Degree in Humanities, psychology major - Dublin City University
- Diploma in Mindfulness and Wellbeing, Psychology- City Colleges Dublin
- HDip Computer Sciences, Information Technology- Trinity College, Dublin

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*"The training went really well, Damian was great. Materials will be very useful. Couldn't fault it!"*

Aoibheann McCann, Galway Rural Development





# Inhouse Training, One Size Doesn't Fit All.

**Does your team need Mindfulness training? DCM Learning has a full range of training courses and qualifications available for your team and company, in-house or off-site.**

Based on your requirements, we will develop a custom-made training programme and deliver it specifically for your employees in a chosen location - giving them the exact skills and knowledge they need whilst saving on venue hire, travel, time and associated expenses.

Each daily session will be delivered onsite at a location of your choosing over a 7-hour period. We are flexible on group size, but for group sessions we would recommend a maximum of 15 people to allow for the more interactive elements of the course.

Below is an overview of our Inhouse Training Delivery and Costs:

Details	1 Day Training	2 to 5 Days Training	6+ Days Training
<b>Cost</b>	€1,095 per day	€995 per day	€895 per day
<b>Materials</b>	Included	Included	Included
<b>Travel Expenses</b>	Included	Included	Included
<b>Areas Covered</b>	All Counties	All Counties	All Counties
<b>Customisation</b>	Course Customised	Course Customised	Course Customised
<b>Survey</b>	Pre & Post Course Survey	Pre & Post Course Survey	Pre & Post Course Survey
<b>Account Management</b>		Dedicated Account Manager	Dedicated Account Manager
<b>Free Public Course</b>		1 Free Place	3 Free Places
<b>Public Course Discount</b>		15%	25%



# Who We Work With

We train organisations of all shapes and sizes, from small businesses up to global enterprises. But we never forget that every individual matters, and we make sure that every learner gets what they need to reach their potential.





**Set your career on the  
right course**

**DUBLIN**

- ☎ 01 5241338
- ✉ [dublin@dcmlearning.ie](mailto:dublin@dcmlearning.ie)
- 📍 Guinness Enterprise Centre

**CORK**

- ☎ 021 2429691
- ✉ [cork@dcmlearning.ie](mailto:cork@dcmlearning.ie)
- 📍 Atrium Business Centre  
Blackpool Business Park

**DROGHEDA**

- ☎ 041 9865679
- ✉ [drogheda@dcmlearning.ie](mailto:drogheda@dcmlearning.ie)
- 📍 24 Laurence Street  
Co. Louth