



Be Rooted | *Personal Wellbeing and Self-Care for employees at VMware*

Thursday mornings - 8:00 - 9:00 am (PST) | July 29 - October 21 | Online Zoom

Instructor: Barbara Piper-Roelofs

Guest Speakers: Ratnesh Sharma and Robert Cusick

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Summary

Taking good care of yourself is essential to meeting the challenges of a busy work and life and to deal with times of stress. This 12-week experiential course is designed to cultivate contemplative practices and self-compassion in community. As we model behaviors of empathy and kindness to ourselves and others, we learn to deal and prevent (further) stress and build resilience. Practicing meditation together in an open and safe space normalizes the practice and motivates acts of self-care and kindness. By addressing work-life balance through meditation and self-compassionate practices, we create systemic change.

In this course we will explore evidence-based models of (compassion) meditation based on the program developed at Stanford university's Center for Compassion and Altruism Research and Education (CCARE) and the Applied Compassion Academy's Applied Compassion Training (ACT). You will learn techniques to help you better understand what is up for you. To learn to be open and learn to express and manage feelings and thoughts as well as how to deal with others. This way, we help to cultivate skills of presence, listening, gratitude, self-compassion and a non-judgmental attitude. By actively practicing these skills, we create inner-wellbeing and prevent stress and it enhances our capacity to recover balance.



Course Description & Weekly Session Format

Session Set-up

The sessions are designed to be a weekly moment of calm reflection and to a sense of ease and joy. Something to look forward to and be relaxed. This looks different for everyone, and I encourage people to sense into what this might look like for them. At the start of each session, we will check-in through chat and voice as long as group size allows. Then we will drop-into a meditation.

Zoom & Etiquette

All class sessions will take place on Zoom and even though we have become used to online formats, it remains a challenge to make real connection during these sessions. My invitation for the participants is to keep audio and video on during all break-out sessions and debriefs. For the meditations we will all mute our audio and have choice to keep video on or off.

Debrief and Break-out in a Safe Space

The meditations are followed by break-out sessions as well as plenary debriefs. The goal is to create a safe space where people can drop into silence as well as share their experiences. Some sessions we will hold a facilitated group discussion on our experiences and application.

Materials and Assignments

To facilitate continuing practice at home, we will share the materials, research papers and exercises used in the sessions as well as work with a buddy in the group.

Key Elements to support Work-Life Balance in Community

- Consistent meditation practice over a 3-month time period
- Weekly live zoom connection with colleagues
- Debrief for application in real-life environment
- Connecting with colleagues in a new and safe way



Personal support, mentoring & coaching

If participants find more need for individual or group support in the form of mentoring and coaching, please connect with Barbara: barbara@berooted.nl

Class Dates

July 29	September 9
August 5	September 16
August 12	September 23
August 19	October 7
August 26	October 14
September 2	October 21

Weekly Schedule

The course is designed around five invitations which we will work with over the course of 3 months. We bring focus internally first; we learn to practice holding attention in the moment. Our minds become silent, and we start feeling what is really going on for us. Then we will move towards discussing what is going on for us with others. This course will help you understand what goes on in your body, mind and emotions as well as give you a framework to deal with what comes up and share this with others.

Part 1 Learning to become present with yourself and in your own body.

Week 1 and 2: moving inward and understanding your mind and emotion. Becoming present and learning to find ground in yourself to deal with stress and overwhelm.



Part 2: Learning to become aware of your intentions and desires in work and life

Week 3 and 4: finding out more about your personal values, desires and intentions.

Part 3: Learning to work with the focus of our *attention* in line with our intentions

Week 5 and 6: moving towards making our inner world work for us on the outside

Part 4: Learning to recognize *triggers*

Week 7 and 8: becoming aware of our triggers coming up as we move into new behaviors of self-care and self-compassion

Part 5: learning to *express* our experiences

Week 9 and 10: moving beyond oneself and sharing what comes up for us

Part 6

Week 11 and 12: self-care in the midst of the busy workplace



Meet your instructor

BARBARA PIPER-ROELOFS is founder and owner of *Be Rooted*, a Netherlands-based company focused on cultivating personal leadership. Barbara leads strategic projects for organizations and teaches teams and leaders how to work from a place of kindness and compassion. She holds a master's degree in Communications and has over 20 years of experience in both corporate environments and health care management.

Today, as a Stanford-trained and certified compassion facilitator, her focus is on workplace wellbeing and bringing the qualities of compassion, kindness, and empathy into organizations. Barbara completed the Stanford Compassion Cultivation Training (CCT) and is a graduate of CCARE's Applied Compassion Training program.

In the Netherlands, Barbara works as the lead Academy at The Institute for Positive Health with a focus on international expansion. She additionally serves as a mentor, coach and facilitator for Young Professionals all over the world.

You can contact her at: barbara@berooted.nl | <https://berooted.nl/>