Personal Wellbeing Program

© Please use this information freely for your own benefit & be mindful to share with consent

SEBU Community

Building our WFH Culture

All Hands Employee Spotlight

- Employee spotlight to share how they balance work + life while WFH at the weekly All Hands meeting

Slack Channel #velo-watercooler

- Share WFH activities, community involvement
- Sharing of resources related to well being
- Opportunity to ask questions

SEBU Well Being Workshop

- Structured exercises to build resilience
- Check in and Share
- Article Share + Discussions
- Guided Exercises

Course Outline

Part 1 Becoming present with yourself

Part 2: Becoming aware of your intentions in work and life

Part 3: Focusing our attention in line with our intentions

Part 4: Recognizing triggers

Part 5: Expressing our experiences

Part 6: Self-Care in the midst of a busy workplace

© Please use this information freely for your own benefit & be mindful to share with consent

Topics in the course

1. Introducing the Principles of Compassion
2. Cultivating Presence
3. Practicing Deep Listening
4. Awakening a Non-Judgmental attitude
5. Engaging with empathy and compassion in the workplace
6. Embodied Compassionate Leadership

© Please use this information freely for your own benefit & be mindful to share with consent

Outline Session 1

- 10:00 – 10:05 Opening and settling in
- 10:05 – 10:15 Program details and Questions
- 10:15 – 10:30 Grounding exercise: priming the mind
- 10:30 – 10:45 Break out groups
- 10:45 – 10:55 Debrief
- 11:00 Closing

© Please use this information freely for your own benefit & be mindful to share with consent

Mindfulness as the Way to Calm

Creating a Safe Space to be at ease, learn and thrive in.

- Presence: organizing yourself
- Listening: hearing yourself & others
- Non-Judgment: radical acceptance, no labels.

Leadership Embodiment: somatic work as the entry point

- Self regulation
- Self Care
- Response-Ability

© Please use this information freely for your own benefit & be mindful to share with consent

Compassion: Introducing Mindfulness

Definition:

'The present moment awareness to whatever is arising in our moment to moment experience in a non-judgmental and direct way '

- Most people's minds are focused on the past or the future
- Without thinking about it, conceptualising it or labelling it.
- The Beginners Mind: to see something for the very first time.
- Registering the experience but not categorizing/labelling it or comparing it.
- Simply know the experience; a direct experience without moving into the narrative.
- Observing without Bias, without judgment in a simple and direct way.

© Please use this information freely for your own benefit & be mindful to share with consent

Introducing Suffering

A Definition:

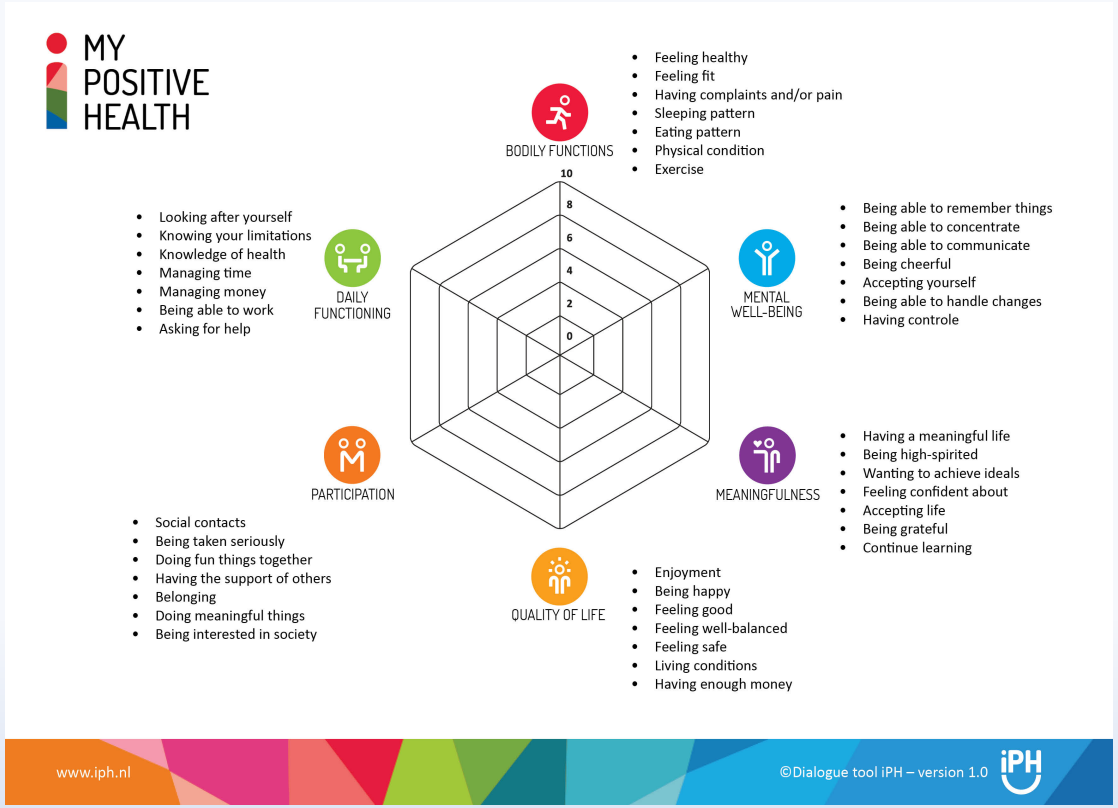
'Any moment in time when we are in opposition to our actual felt direct experience. When things are other than we would like them to be.'

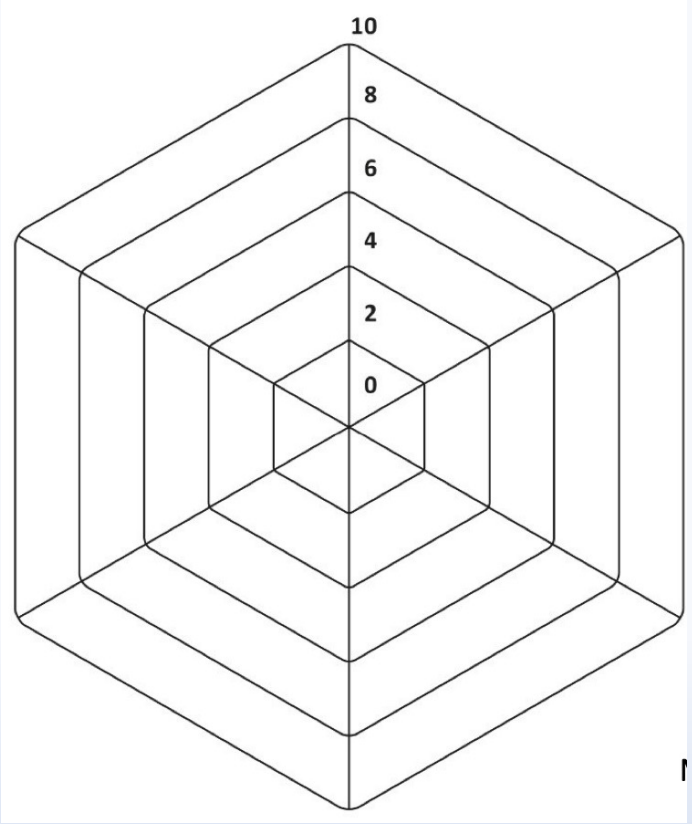
"No Preference No Problems" – the path of Mindfulness

© Please use this information freely for your own benefit & be mindful to share with consent

Be Rooted

Exercise





© Please use this information freely for your own benefit & be mindful to share with consent

Break-Out session

In break out rooms:

- Exercise on Creating your Own Personal Wellbeing
- Decide on your dimensions of Personal Wellbeing
- Draw the graph
- Discuss

Plenary debrief:

- What did you notice?

© Please use this information freely for your own benefit & be mindful to share with consent

Self-Compassion

It all starts with : You

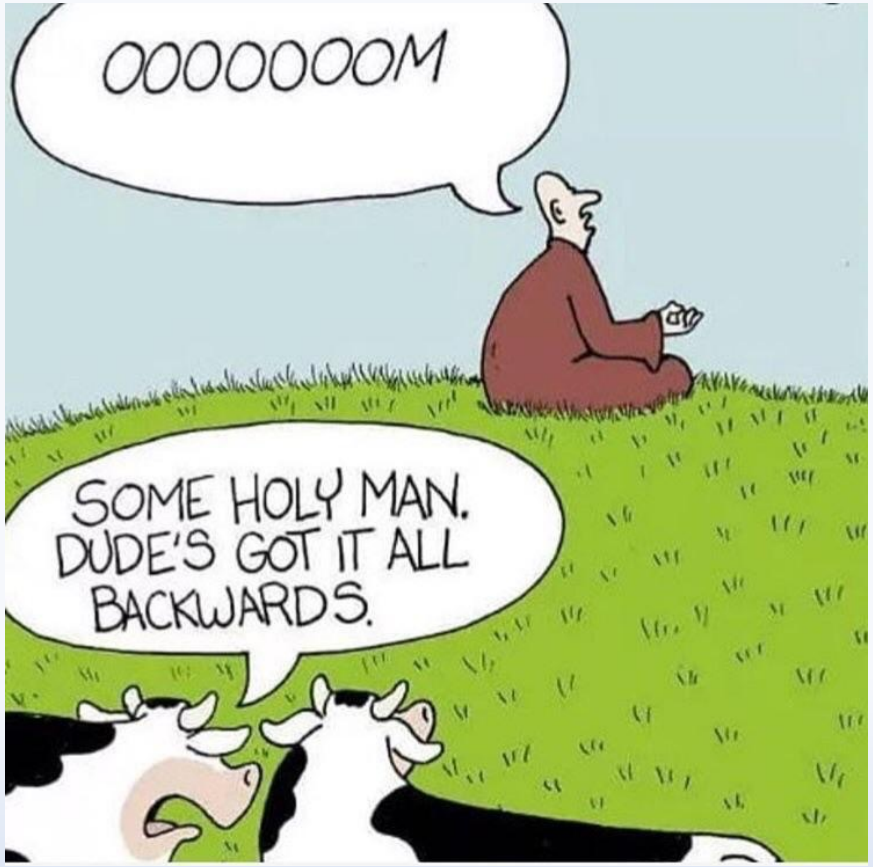
Be Rooted

Cultivating Presence & Awareness

The Monkey Mind

https://bit.ly/3fT2N9u

https://bit.ly/2YrcmGM



© Please use this information freely for your own benefit & be mindful to share with consent

Personal Wellbeing & Self-Care at VMware