



Australian Contaminated
Land Consultants Association

MINDFULNESS COURSE

Breathe Australia has been engaged to deliver a Mindfulness Course for all State Chapter ACLCA members.

The course will consist of 3 x 50-minute workshops

- First workshop face-to-face in Sydney with online access for members
- Two follow up workshops via video conference

Why mindfulness at work?

Consulting can be a stressful environment to navigate not only for people new to the industry but also seasoned professionals.

Engagement - high energy, safe and healthy workplaces

Connecting teams - active listening, clarity of coaching feedback, communicating with respect and learning to embrace feedback

Hybrid working - maintaining energy and focus at home

Focus - attention training for safety and to improve collaboration, creativity, and effectiveness

Wellbeing - championing self-care, self-compassion, and self-awareness in teams

Workshop One: 20th July 2022

Time: 4.00 pm – 5.00 pm (EST) including question time.

Venue: AECOM Sydney, Level 21, 420 George Street, Sydney (limited to 35 people).

Online: Via Zoom for people outside of Sydney.

Cost: **Free to ACLCA Members**

RSVP: In person 15th July 2022. Online 19th July 2022

Registration: A webinar link will be circulated prior to event.

Please note, this course is available for registered members only and we therefore request that this link is not circulated to non-members.



mindfulness and leadership

emotional agility, collaboration, and self-care

Workshop one in Sydney plus online access - Introducing mindfulness

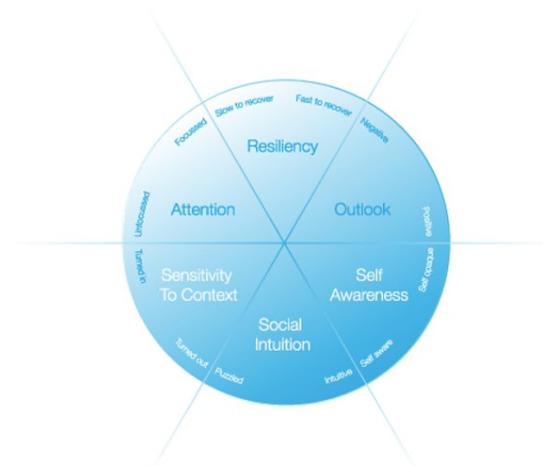
- Exploring mindfulness frameworks and tools
- Mindfulness - a springboard to building emotional agility and leadership abilities
- Exploring the evidence - case studies from industry
- Neuroscience - brain training for focus, balance, collaboration and wellbeing
- Practical tools to help embed mindfulness into your workday

Workshop two via Zoom – mindfulness and situational awareness training

- How to be more focused working in the office, onsite or at home
- Enabling a mindful flow of information between colleagues
- How to have a healthy cut off between different areas of our lives - leaving “work at work and home at home”, and moving between projects and roles
- Brain training - taking your focus centres to the gym
- Digital decluttering - focusing attention on things which help you, your family and your colleagues thrive

Workshop three via Zoom – mindfulness and emotional agility

- Exploring self-awareness - our mindset and how it impacts our ability to communicate, collaborate and our general wellbeing
- Using mindfulness tools to improve connection with colleagues, interpersonal trust, and psychological safety
- Developing a greater awareness of our own emotions and how these impact our effectiveness at work
- Takeaway tools to recognise, own, learn from and move on from our emotions





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Andy Roberts | [Breathe Australia and Breathe London](#)



After a career in corporate finance at KPMG, he began a new career in coaching and wellbeing in 2003. This led him to teach medical students' resilience and self-care and run leadership programs worldwide. He started his wellbeing journey by training to become a sports therapist. In 2008 he took a masters degree in applied positive psychology at UEL and trained as an emotional intelligence coach (MSCEIT model). His masters degree dissertation explored how to build value-add mindfulness programs within organisations.

He owns a multi-disciplinary, thirty practitioner wellbeing business in London and divides his time between his home in Sydney, business in the UK and his leadership coaching commitments around Australia.

Five years ago, he created the health professional's self-care program at the College of Medicine and Dentistry at James Cook University. Research into the program points to an increase in student resilience levels and a reduction in the stigma associated with mental health.

Clients

Vast international experience in delivering successful, long term, tailored leadership, and team engagement programs. Clients we've worked with:

[Mining and engineering](#) – Navarre, South 32, GEMCO, AECOM, Amerada Hess, Women in mining and resources Queensland

[Environment](#) - The Australian Institute of Marine Science, NQ Dry Tropics

[Recruitment and agency](#) - HAYS Recruitment, Pulse staffing, Arrows Group UK, Camron PR London, Agent3

[Higher education](#) - James Cook University, CQ University

[Healthcare](#) - Queensland Health, CQ Health, Mater Health (via the College of Business, Law and Governance at JCU), NHS

[Professional services](#) - PwC, PVW Partners, Wilson Ryan Grose, Court Services Victoria, House of Commons services

[Community](#) - Carers Queensland, Carers Tasmania Yourstory, Betterbankside, Inclusive Employers Group UK, Jubilee Hall Trust

[Food and agriculture](#) - Sydney Fish Market, Australian Pork Association, Wilmar, Brolos GFC Perth