



# Continuing Professional Development Certificate

## Mental health strategies for the workplace

**Date:** Wednesday 13 February 2019

**Time:** 1.10pm - 1.55pm

**Speakers:** Phil Toogood and Dr Clara Seeger, Mindfulness, Neuroscience and Emotional Intelligence / Performance Coaches, Cranfield Phillips

In this IIL lecture Phil Toogood & Dr Clara Seeger introduced mindfulness as a way of cultivating greater mental balance. This was done through establishing a new baseline of sanity, beyond our habitual mental tendencies to be either task-focused or to fall into our default mode of rumination, obsessive thinking and mind wandering.

By the end of this lecture members will have gained an insight into:

- The perils of productivity: the limitations of our executive brain and the dangers inherent in working against your brain
- Why switching off is not always restful: the risks of a mind let loose
- How mindfulness can help us overcome the dysfunctions of our habitual mind and how to practice it.



This lecture or podcast can be included as part of your CPD requirement should you consider it relevant to your professional development needs. It is recommended that you keep any evidence of the CPD activity you have completed and upload copies to the recording tool as the CII may ask to see this if your record is selected for review.