



MIND B26 Mindfulness and Ethical Values in the Workplace: Conscious Integration and Application for a Compassionate and Productive Workplace

Course Description

Adopting a mindful approach, with an understanding of how to consciously incorporate and consistently practice ethical values, workplaces can begin to realize previously unmeasured profits and benefits such as improved attendance (less sick days), reduced turn-over, enhanced collegial relationships, and improved teamwork. Using recent research, theory, and an experiential approach, this module will teach you to integrate and embody the mindful qualities now known as The 16 Guidelines for Life. The intent of this module will be to develop one's personal and professional plan of action - to be agents of change in the workplace.

Instructors

Laurie Dolan
Sharon Babineau

Fee *(not including HST)*

\$325.00

Dates

Friday, May 6, and Saturday May 7, 2016

For instructions on how to register for certificate programs and workshops,
please visit socialwork.utoronto.ca/conted/registration

Continuing Education, Factor-Inwentash Faculty of Social Work, University of Toronto
phone: 416.978.3259 ■ email: fsw.conted@utoronto.ca ■ web: socialwork.utoronto.ca/conted