**Employers for Disability NI**

**Workshop: Introduction to Mindfulness**

**Overview**

This two-hour workshop serves as a taster session of the four-week Happy Warrior Programme that involves “Mindfulness” training. By successfully completing this session, participants will:

1. Be able to explain in simple terms what “Mindfulness” is and how it works

2. Be able to explain how it improves well being based on the latest scientific evidence

3. Have experienced two “Mindfulness” practices

**Date:** Friday 27 February 2015

**Time:** 3.00 pm – 5.00 pm

**Venue:** BT, Riverside Tower, 5 Lanyon Place, Belfast, BT1 3BT

**Cost:** £35.00 plus VAT

**About the Trainer**

Jason Gonzalez is a qualified Meditation Teacher who has been training employees in “Mindfulness”. He has worked for several years as a Management Development Specialist and Training Consultant across a variety of industries. His work experience includes heading HR in large complex companies in the Philippines as well as working with multi-national and European organisations as a Manager in HR, Finance and Communications.

His other qualifications include:

* Intermediate Award in Employment Law with the Chartered Institute of Personnel and Development, London
* MBA degree from the Ateneo de Manila University
* Bachelor’s degree in Computer Engineering from Don Bosco Technical College, Manila
* Successful completion of a course on “Becoming a Resilient Person: Science of Stress Management and Promoting Well Being” with the University of Washington