

MAY - Mindfulness

May is time for individuals in the team to take a breath. **A big deep breath.** Mindfulness encourages employees to stop and reflect with the aim to recharge.

Customer Service Professionals know that to remain service focused and productive all year, the act of mindfulness is key to them individually and as a team, achieving those goals.

May is for developing a culture of *Mindfulness*.

Practical Activity

Engage an Expert

Pick a topic that will help reduce workplace stress, increase productivity or improve mental/physical health & safety and then reach out to an expert to help you, help your team. You may have an employee with skills to share and/or a local provider/service that can meet your needs i.e.

- ✓ Mental health at work
- ✓ Work/life balance
- ✓ Yoga/Meditation/Mindfulness
- ✓ Healthy eating
- ✓ Personal safety

If an external expert or guest speaker is not practical or possible, there are many on-line options ie: TED Talks - www.ted.com

Empower your team to share what self-care or team care topics they are interested in and don't forget you – what do you want to learn?

