

PRBB Intervals Course Proposal

1. **Course Title :** Mindfulness - A taster for science people
2. **Proposed date(s):** 15th February & 1st March 2023
3. **Course Language :** English
4. **Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer):**
Andrés Martín Asuero, born in Spain, holds a MSc. a MBA and a PhD in Psychology from Univ. A. Barcelona. He completed his education in France (INSEAD) and USA (MIT and UMass).
5. **General description of the course (relevance and context for the PRBB)**
Workshop of two ½ day sessions featuring the benefits of mindfulness, a tool to develop self-efficacy and improve time management for scientists.
6. **Course Aim**
This training is based on the MBSR* program and has been designed as an experiential and interactive workshop, aiming to guide participants towards self-reflection and self-regulation. The program emphasizes the importance of *stop and see before acting*, and then **learning to respond instead of reacting to the events**.
MBSR* Mindfulness-based Stress Reduction, Center for Mindfulness, Univ. Massachusetts www.umassmed.edu/cfm
7. **Learning objectives (what new skills, knowledge &/or attitudes will participants go away from the course with?)**
 - Mindfulness as a tool to develop self-awareness
 - Explore perception and communications
 - Understand and apply the principles of time management
 - Improve personal mastery
8. **Training methods :** Experiential, Dialogue, Presentations, Mindfulness practices
9. **Target group in PRBB (Senior scientists, postdocs, predocs, management/admin staff, all residents)**
All PRBB residents
10. **Number of participants (maximum)**
15
11. **Total course hours (Please specify: a) direct training with instructor present b) required self-study.**
Note: only the direct training hours will be included in the post-course certificate.
8 hours
12. **Distribution of course (hours/days):** 2 sessions of 4 h each

13. Course programme (outline of topics to be covered)

Mindfulness as a tool to develop self-awareness

- Develop mindfulness in a simple and efficient way, to enhance connection with the present moment and improve self-regulation and learning.
- Develop a quality control of the mind. Reducing ruminations and restricting action mode of mind to where it really works.
- Improve relaxation and renewal skills using the body scan method

Explore Perception and Communications

- Suspending judgments to become less reactive, more creative and able to see other possibilities
- Understanding perception and cognition with the tool “ladder of inference”
- Improving communications skills to avoid misunderstanding and explain more clearly one’s point of view.
- Practicing awareness of breathing as a way to develop inner balance on moments of challenge

Understand and apply the principles of Time Management

- Identify and manage time robbers first individually and latter as a team.
- Test on - How well do you manage distractions? - Dialogue to establish best practices.
- Priority setting with the Eisenhower matrix becoming more efficient on the use of time.
- Learning how to say NO in positive ways
- Preparing a 4 level personal action plan to take the principles of the workshop to your workplace.

14. Pre-course preparation (what preparation should participants do before the course – reading, online study, prepare ideas etc?)

Pre – reading material from Scientific American 2013.

15. Material participants need to bring (laptops, etc...)

Notepad and pencil, comfortable clothing for lying on the ground

16. Relevant background reading/ audiovisual/websites or other materials

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