

# **IRWC WORLD ONLINE** **Conference**

'Bringing Coaching into Recovery, Wellness and Healthcare'

**Mindfulness-based resilience tools for all: from the  
workplace to community settings**

**Michele Grant and Tim Segaller**

# risingminds

A coaching and mindfulness social enterprise

From workplace to community:  
Mindfulness-based resilience tools for all

# The ABC of mindfulness



AWARENESS OF EXPERIENCE

# The ABC of mindfulness



BEING WITH EXPERIENCE

# The ABC of mindfulness



CHOOSING WISE RESPONSES



Mindfulness

Awareness

Being with experience

Choosing wisely

# Threat and Reward

Understanding  
what triggers  
unhelpful  
reactions

Status

Certainty

Autonomy

Relatedness

Fairness

# Some drivers of workplace stress

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SCARF Model of Social Threats and Rewards



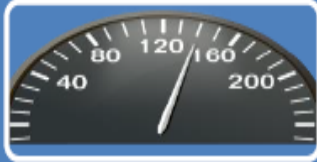


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## THE PEACE FORMULA FOR RESILIENCE



### PACE

How fast am I going? Can I keep up this level of intensity? Where are the spaces for reflection and recharging?



### ENERGY

What are my energy patterns? Am I matching my effort to when my energy is higher? Am I listening to my body when my energy is lower?



### ACCEPT...ADAPT

If things aren't going according to plan, what can I accept? How could I adapt to take account of changing circumstances?



### CHOICE

Where can I choose to focus my attention? What can I choose to let go of (for now or forever?)



### ESTEEM

When things go badly does it mean that I am bad? Can I make mistakes and be kind to myself?  
Can I recognise what I did well and appreciate my good intentions?

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**Demand  
greater  
than  
resources**