Case Study 2: WorkplaceMT mindfulness training
Cambridge University

Desired Outcomes
- To reduce stress and risk of burnout
- To improve focus and attention
- To improve self-awareness and self-management

Our solution
A 4 week training programme based on the MBCT teaching syllabus from “Mindfulness: A Practical Guide to Finding Peace in a Frantic World” by Professor Mark Williams (Founder Director of the OMC) and Dr. Danny Penman. Participants were asked to buy or borrow a copy of this book, and read chapters related to weeks 1-8 each week. Key learnings from the 8 week course were taught over a 4 week period 1.5 hours a week + home practice.

Outcomes
Participants were asked to evaluate the value of various elements of the 4 week course.

A summary of the feedback was as follows:

- Overall, I feel that the course has helped me to cope better
- Look after myself better
- Improve my relationships with others
- Respond differently to challenges and difficulties
- Improve the way I manage strong feelings and emotions
- Focus my attention on the task in hand
- Function better when under pressure

![Feedback Chart]
Participants were asked to evaluate the value of various elements of the 4 week course.

“The following elements of the course were valuable to me…”

Feedback from participants

- I think this was brilliant, just one session was enough to encourage me to take more care of myself! Everyone should do this
- Really useful and easy to understand
- It was an invaluable experience taught very well - thank you for these life lessons!
- I found taking control of my interpretations of situations useful I hope continuing to practice more will help me to improve things in the future
- This course has been really helpful thank you so much :-(

Trainer: Juliet Adams FCIPD, WorkplaceMT Master Trainer