

BUSINESS FOR BETTER SOCIETY

Finding Peace in a Frantic World

An 8-Week
Mindfulness Program

Facilitated By
Mr. Chrish Cheung
Founder, A Tool Kit for Life

PROGRAM OVERVIEW

OVERVIEW

Business for Better Society is excited to once again present our annual 8-week mindfulness program this autumn, in collaboration with Mr. Chris Cheung from A Tool Kit for Life.

As we remain dedicated to uplifting communities and supporting our valued stakeholders, we recognize the importance of nurturing our own well-being. This program provides a powerful set of tools to enhance your personal journey toward balance and mindfulness.

We extend our sincere gratitude to Mr. Cheung for his ongoing partnership and for helping us empower the incredible network of non-profits we proudly support.

DESCRIPTION

Finding Peace in a Frantic World (FPFW) teaches you how to apply mindfulness to manage difficulties more skillfully and cultivate more ease, effectiveness and satisfaction in your daily life and work.

This eight-week programme is based on the best-selling book, *Mindfulness: A Practical Guide to Finding Peace in a Frantic World* by Mark Williams and Danny Penman.

It is a highly accessible, engaging and practical introduction to mindfulness.

NO PROGRAM PARTICIPANT FEE

We are deeply appreciative of Mr. Cheung for generously offering this program free of charge to those in the nonprofit sector.

In lieu of a fee, he kindly requests that participants make a small donation to a local charity of their choice.

Please provide Business for Better Society with your donation receipt before the program begins. In return, we will share with Mr. Cheung information about the charitable organisations you are supporting in your community.

PROGRAM OVERVIEW

WHY PEOPLE JOIN THIS PROGRAM

- To get an introduction into mindfulness.
- Learn tools to cultivate calm and reduce stress.
- Learn meditation practices that strengthen your focus.
- Establish and structure a mindfulness practice in your daily life.

LEARNING OBJECTIVES

- Increase your awareness of your body sensations, thoughts, emotions, and behaviours
- Cultivate acceptance, compassion, and curiosity towards yourself and others
- Manage your stress and emotions more effectively
- Enhance your health, happiness, and relationships
- Maintain mindfulness as a way of living

PROGRAM DATES & TIMES (GMT)

- Session 1 - Waking up to automatic pilot on **Thursday Nov 28**, 12 pm to 1:15 pm
- Session 2 - Keeping the body in mind on **Thursday Dec 5**, 12 pm to 1:15 pm
- Session 3 - The mouse in the maze on **Thursday Dec 12**, 12 pm to 1:15 pm
- Session 4 - Moving beyond the rumour mill on **Thursday Dec 19**, 12 pm to 1:15 pm
- Session 5 - Turning towards difficulties on **Thursday Dec 26**, 12 pm to 1:15 pm
- Session 6 - Trapped in the past...? on **Thursday Jan 2**, 12 pm to 1:15 pm
- Session 7 - When did you stop dancing? on **Thursday Jan 9**, 12 pm to 1:15 pm
- Session 8 - Your wild and precious life on **Thursday Jan 16**, 12 pm to 1:15 pm

WANT TO LEARN MORE? INTRODUCTORY WORKSHOP

- Thursday October 24 at 12 pm to 1:30 pm

So, you've heard about 'mindfulness' and how it can help you in your life - health, work, relationships. But you still don't know exactly what it is. During this interactive workshop we explore the essentials of mindfulness practice, and, how it can help you better meet the challenges of life and work. By the end of the workshop you will have a solid understanding of what mindfulness is, what it isn't.

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MEET MR. CHRIS CHEUNG

Chris originates from the United Kingdom and is currently based in Beijing, China.

He's an experienced mindfulness facilitator who helps individuals and teams become more self-aware, focused, and resilient. He has over 20 years of mindfulness practice (three years teaching) experience, and a rich background in business and leadership.

He discovered mindfulness practice when he was a stressed and overworked manager in Beijing. It helped him gain a new perspective on life, work, and relationships, and cope with the challenges of everyday life more skillfully. He has continued the practice for over 20 years and is passionate about sharing its benefits with others.

Chris' latest challenge is building [atoolkitforlife](http://www.atoolkitforlife.com), a platform that helps people find, through mindfulness practice, the resources within themselves to face life's challenges and to thrive. He has guided hundreds of individuals (both general public and the in the workplace) into a greater understanding of mindfulness.

Credentials

- One of five Stage 6 Mindfulness Based Cognitive Therapy (MBCT) teachers in China certified by Oxford Mindfulness Foundation (OMF) listed on OMF directory.
- Over 20 years of Mindfulness practice experience.
- Founder of www.atoolkitforlife.com.
- Previously Director of European Union SME Centre, Head of Research and Consultancy China-Britain Business Council. 12 years facilitation and training.
- MBCT Certificate Oxford Mindfulness Foundation, MBA Warwick University, MSc Chinese and Business Leeds University.

Links:

<https://www.linkedin.com/in/chrischeung001/> - LinkedIn

https://www.oxfordmindfulness.org/acadp_listings/christopher-cheung/ - Oxford Mindfulness Foundation Directory listing

PROGRAM OVERVIEW

REGISTRATION DETAILS

Please email Kelly Brantner at Business for Better Society at kelly@bbsociety.org

When registering, please provide:

1. Full name
2. Title
3. Name of the organisation
4. Best email address to stay in touch with you
5. Confirm if you are registering for the introductory session in October, full 8-week program, or both.

Once you're registered, we'll send an email to your attention confirming your seat in the program. The letter will include a few additional details specific to program logistics.

PROGRAM DELIVERY METHOD & FINAL DETAILS

Based on previous in-takes, Microsoft Teams provides the best platform for the participants and will be used for the autumn 2024 intake.

The program is in a live format only.

Total of 10 participants because of the nature of the program, therefore we highly recommend early registration.

Please feel free to share the details of this program with your colleagues and other nonprofits in your community that you feel would benefit from this annual program.