



Mindful Mastery Program: 6-Week Session Outline

Program Overview:

Welcome to the Mindful Mastery Program! Over the next six weeks, we will explore practical mindfulness techniques, emotional resilience building, and actionable tools to help you manage stress, improve work-life balance, and create lasting positive change. Each week, we will focus on a different aspect of mindful living, combining both theory and practical exercises to guide you toward a more balanced, centered, and empowered version of yourself.

Throughout the program, you'll be supported in identifying your stressors, establishing boundaries, and building emotional resilience, with the tools and resources you need to create sustainable habits for long-term well-being.

Session Breakdown

Week 1: Understanding Our Perspective on Managing Life & Daily Tasks

Objective: Explore the negative impacts of lack of awareness and the symptoms of being “not well” that often go unnoticed. Assess the roles we play, the thoughts we have about what we do, and the reasons behind our choices, to understand how these affect our capacity to manage responsibilities.

Milestones:

- Complete GAD-7 and PHQ-9 self-assessment quizzes.
- Group discussion on personal challenges.
- Journal 3 major stressors and their impacts.

Homework:

- Reflect on your self-assessment and stressors in the group chat.
- Use the provided journal template to document your thoughts and progress.

Week 2: The Science of Stress and Recovery - Neuroscience

Objective: Dive into the science of how the brain works, how mindfulness can help, and how stress

overload affects our body. Learn practical recovery techniques and how mindfulness aids in healing.

Milestones:

- Participate in a 10-minute mindfulness practice (meditation).
- Poll to identify common stress recovery challenges.

Homework:

- Practice one recovery technique daily and reflect on its impact using the provided worksheet.
- Share your reflections on the group discussion.

Week 3: Building Emotional Resilience

Objective: Learn how to identify emotional reactions and process them effectively. Focus on strengthening emotional resilience using techniques like cognitive-behavioral therapy (CBT) and positive psychology.

Milestones:

- Role-play reframing negative thoughts using CBT techniques in breakout rooms.
- Share insights from gratitude journaling.

Homework:

- Practice gratitude journaling daily.
- Implement emotion-regulation strategies (DBT) and share a success story in the group chat.
- Use the Boundaries Sheet to reflect on areas to strengthen.

Week 4: Establishing Boundaries and Work-Life Balance

Objective: Understand different communication styles and how to set healthy boundaries. Learn to manage expectations and create sustainable work-life routines.

Milestones:

- Role-play boundary-setting scenarios with peers.
- Design an ideal balanced day and share feedback.

Homework:

- Implement one new boundary in your life and reflect on the outcome.
- Practice affirmations daily.
- Journal your reflections on the experience.

Week 5: Leveraging Tools and Resources

Objective: Discover time management tools, digital solutions, and support systems that reduce overwhelm and increase productivity.

Milestones:

- Share your daily routine and favorite time management strategies with the group.

Homework:

- Implement one new time management tool and track improvements in the provided worksheet.
- Reflect on how this impacts your balance and productivity.

Week 6: Sustaining Long-Term Well-Being - Wellness Plan

Objective: Bring everything together into a personalized wellness plan. Discuss aftercare and the offer of three free sessions, while helping you solidify a long-term path for well-being.

Milestones:

- Build and present your personalized wellness and self-care blueprint.
- Peer feedback on wellness plans.

Homework:

- Commit to your wellness plan for the next 30 days.
- Reflect and refine your plan based on feedback received.
- Participate in the feedback session and set your next steps.

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