



**MALTA STOCK EXCHANGE
INSTITUTE**

**TOWARDS A
BRIGHTER
FUTURE**



Mindfulness

Course No 129

This short course will address the conceptualisation of mindfulness - addressing “what” mindfulness is through discussing the origins, meaning and significance. It will also examine the effective evidence - addressing the “how” and “why” mindfulness is an effective cognitive strategy, whilst grappling with the neurological and cognitive evidence. Finally it will attempt to bridge the gap through a hands-on demonstrative part of the session where candidates will conceptualise the applicable nature of mindfulness to the corporate world. Through participation, candidates will be able to incorporate mindfulness strategies into their professional/ personal life.

Supported by:



Sample Topics Covered:

Addressing the Assumptions

Etymology

Conceptualising Mindfulness

Neurological Impact

Cognitive Function

Research Findings

The Personal & Professional Self

Assessing the Professional Self

Interactive Strategies

The Mindfulness Professional Life

General Information

- Time:** 09.30 - 12.00hrs
- Venue:** Malta Stock Exchange
Subject to COVID-19 related restrictions
Online
- Level:** Introductory

Schedule

- Duration:** 2.5 hours
- Date:** 8 April

Target Audience

Whilst this session is aimed to be applied within the corporate world, mindfulness is a concept that is of interest and benefit to anyone, and may be incorporated into both professional and personal lives.

Registration fee: **€75 per participant**

- Full time student (50% discount)
- Senior citizen (50% discount)
- Group booking of 4 or more applicants from the same Organisation (10% discount)

Applications are to be made by clicking the '**apply now**' button and completing the online application process.

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Lecturer

Ms Georgina Fardoe



Georgina forms part of the professional development and teaching team at Avanza Academy. Her wealth of professional experience across a variety of educational/health care settings has led her to developing the content and delivery of several accredited professional development courses at Avanza. After her bachelor's degree in Psychology and specialising in Child and Family Psychology at Masters level with the University of Chester, she is currently reading for her final Doctoral year in Education with the School of Education at the University of Sheffield. Georgina is passionate about the professional development for the individual, advocating an early intervention approach is fundamental in providing quality organisational practice.

Cheques to be made payable to: Malta Stock Exchange Institute Ltd.

Payments by bank transfer

Bank: Bank of Valletta plc
IBAN Code MT04VALL2201300000040025119059
IBAN BIC: VALLMTMT

Kindly insert your NAME, SURNAME, ID CARD NUMBER and COURSE NUMBER in the transaction narrative.

This application is to be accompanied by payment or proof of payment by bank transfer.