



# Using Mindfulness – Improving health, safety, sustainability and productivity

## Location

Onsite/Your Office

## Duration

1 day

## Price

TBA on proposal

## No. delegates

Max 20

Please note certificates of attendance or accreditation will be issued on receipt of payment & attendance.

## Who should attend?

Aimed at directors, contracts and senior managers

## Course will include

- Introduction to mindfulness
- Understanding mindfulness and how it is being used in other industries to improve staff wellbeing, productivity, health and safety and sustainability behaviors
- Practical examples
- Action plan

For further details please contact **Anneka Thomson** on **03450 570 042**  
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**TERMS & CONDITIONS** - All places are allocated on a first come first served basis. Completion and return of a booking form will hold a provisional booking for seven days. Bookings will only be confirmed on receipt of full payment. Payment must be received 14 days prior to event date. On receipt of payment; confirmation of booking together with course information and VAT receipts will be issued by the course administrator. NFB Training reserves the right to alter trainers, timing and venue of the course for reasons beyond their control. NFB Training are constantly updating and improving course content and reserves the right to alter any of the course's content without prior notice.

**CANCELLATIONS** - Refunds (less an administrative fee of 30%) will be made for cancellations received in writing more than 10 working days prior to the event. No refund is available for cancellations made within the 10 working days prior to the event. Delegates may be substituted in order to avoid cancellation at any time prior to the event. There will be no charge if a substitute person wishes to replace the original delegate. Please inform the course administrator of any change to the original booking. The NFB shall make every effort to avoid the cancellation or rescheduling of an event. However we reserve the right to cancel an event at any time and, should the need arise, the NFB shall endeavour to provide attendees notice in good time and refund or reallocate any payments made in respect of the event. The NFB cannot accept liability for expenses or any other losses relating to costs or time to the delegate or their company