CALM AT THE CENTER
MINDFULNESS PRACTICE FOR THOSE CARING FOR OTHERS

CALM AT THE CENTER
AGENDA
- Why Mindfulness & Mentorship?
- Practice
  - Embodied Leadership
  - Nurture, Teach and Sustain a Mentoring Culture
  - Mindfulness is a Super Power
- Practice
  - 10 Minutes
  - Mind Games
- Stay Calm!
- Optimal Care & Support
- Entrainment
  - Escalation
  - Return to Calm
- Conscious Care and Support
  - Competency Development
  - B-Fit Mindfulness
  - Retrain your Brain

WHY MINDFULNESS

I BELIEVE IN ME
“The big issue for traumatized people is that they don’t own themselves anymore. Any loud sound, anybody insulting them, hurting them, saying bad things, can hijack them away from themselves. And so what we have learned is that what makes you resilient to trauma is to own yourself fully.”

— Dr. Bessel van der Kolk
Who provides the support is the most important component of care!

That support must be Mindful Unconditional Balanced Emotional Energy Conscious Compassion Conscious Intentions

OPTIMAL CARE and SUPPORT Depends On The Supporter’s Mindful Emotional Maturity

An Average Care And Support Worker + Mindful Emotional Maturity

- I am consistently valued, respected and cared about regardless of my behaviour.
- I am living to my fullest potential.
- When anxious or aggressive I get help to calm.

- I am adequately cared for but not cared about.
- I am sometimes disrespected and devalued.
- When I am anxious or aggressive I am seldom calmed.

- Knowledgeable and competent.
- Compassion dependent on good feelings, co-operation and being appreciated.
- Mindful, intuitive and intentional.
- Unconditionally compassionate.
- Thoughts, words and actions reflect universal values.
B-FIT MINDFULNESS
CONSCIOUS CARE & SUPPORT

Step One:
CATCH
Catching oneself “here, now” and having an enhanced awareness of one’s sensations and thoughts in the “present moment”.

Step Two:
CALM
Not impulsively reacting to any thought or feeling but intentionally calming one’s self through the B-Fit mindfulness practice; as a result, the individual receiving support also becomes calm.

Step Three:
CLARIFY AND CHOOSE
Objectively assessing the needs of the individual, and choosing the best possible response, based on knowledge of best practices and understanding of the person supported.

Step FOUR:
CONSCIOUSLY CONNECT
Being present with the individual you are supporting—really seeing them—and being respectful, kind and caring, even if the individual’s response makes it very difficult to feel that way.

Step FIVE:
CARING AND COMPETENT SERVICES
Ensuring that one’s actions throughout the interaction with the individual are not only mindful and compassionate, but also authentic, timely and effective.