

## PRBB Intervals Course Proposal

---

1. **Course Title :** Mindfulness - A taster for science people
2. **Proposed date(s): 3 sessions;** Nov 19, 25, & Dic 3 2020
3. **Course Language :** English
4. **Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer):**  
Andrés Martín Asuero, born in Spain, holds a MSc. a MBA and a PhD in Psychology from Univ. A. Barcelona. He completed his education in France (INSEAD) and USA (MIT and UMass).
5. **General description of the course (relevance and context for the PRBB)**  
Online Workshop ( zoom) featuring the benefits of mindfulness, a tool to develop self-efficacy and improve time management for scientists.
6. **Course Aim**  
This training is based on the MBSR\* program and has been designed as an experiential and interactive workshop, aiming to guide participants towards self-reflection and self-regulation. The program emphasizes the importance of *stop and see before acting*, and then **learning to respond instead of reacting to the events**.  
MBSR\* Mindfulness-based Stress Reduction, [Center for Mindfulness, Univ. Massachusetts](#)
7. **Learning objectives (what new skills, knowledge &/or attitudes will participants go away from the course with?)**
  - Mindfulness as a tool to develop self-awareness
  - Explore perception and communications
  - Understand and apply the principles of time management
  - Improve personal mastery
8. **Training methods :**  
Online sessions (Zoom) and homework. Experiential, Dialogue, Presentations, Mindfulness practices.
9. **Target group in PRBB ( Senior scientists, postdocs, predocs, management/admin staff, all residents)**  
All PRBB
10. **Number of participants (maximum)** 16
11. **Total course hours (Please specify: a) direct training with instructor present b) required self-study.**  
*Note: only the direct training hours will be included in the post-course certificate.*  
4.5 hours
12. **Distribution of course (hours/days):** 3 sessions of 90 minute each
13. **Course programme (outline of topics to be covered)**  
**Mindfulness as a tool to develop self-awareness**
  - Develop mindfulness in a simple and efficient way, to enhance connection with the present moment and improve self-regulation and learning.
  - Develop a quality control of the mind. Reducing ruminations and restricting action mode of mind to where it really works.

- Improve relaxation and renewal skills using Mindfulness

### **Explore Perception and Communications**

- Suspending judgments to become less reactive, more creative and able to see other possibilities
- Understanding perception and cognition with the tool “ladder of inference”
- Improving communications skills to avoid misunderstanding and explain more clearly one’s point of view.
- Practicing awareness of breathing as a way to develop inner balance on moments of challenge

### **Understand and apply the principles of Time Management**

- Identify and manage time robbers first individually and latter as a team.
- Priority setting with the Eisenhower matrix becoming more efficient on the use of time.
- Learning how to say NO in positive ways
- Preparing a 4 level personal action plan to take the principles of the workshop to your workplace.

#### **14. *Pre-course preparation (what preparation should participants do before the course – reading, online study, prepare ideas etc?)***

- Introduction video TED, Mindfulness the art of being present (17 min)
- Pre – reading material

#### **15. *Material participants need to bring (laptops, etc...)***

PC or similar device, camera and sound working, Zoom software, comfortable clothing and quiet room

#### **16. *Relevant background reading/ audiovisual/websites or other materials***

##### Homework Session 1

Meditation - Breathing Meditation (5 mins)

Video - The Entanglement of Meditation and Medicine, and What Love’s Got to Do With It. (57 min)

Cap 1 y 2 de PlenaMente- Mindfulness y Control de calidad de la mente. (In Spanish)

##### Homework session 2

Meditation - Breath, Sound, Body Meditation (12 mins)

Video – Ladder of inference (8 min)

Video - Inside the mind of a master procrastinator (14 min)

How well do you manage distractions? - Dialogue to establish best practices.

Cap 3 – Aprender a cambiar – La escala de inferencia. (In Spanish)

##### Homework session 3

Meditation - Complete Meditation Instructions (19 mins)

Action plan for time management

Guided meditations in English from UCLA

Cap 9 – Con rumbo propio – Gestión del tiempo. (In Spanish)