

Call For Participants



Mindfulness in the Workplace

40 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

Cairnmillar Institute

The study aims to determine whether mindfulness provides resilience against daily hassles during work, and facilitates relaxation after work. These relationships are analysed by looking at momentary contextual factors that effect individual engagement and mood throughout the working week. We hope this research will be useful in developing recommendations for organisations to improve employees' well being.

Find out more online

Poster printed on 03/05/2024 Study expires on 01/09/2017

More info

by scanning the QR code
or visiting the URL

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