



## Certificate of Achievement

# Matthias Giger

has completed the following course:

### MINDFULNESS FOR WELLBEING AND PEAK PERFORMANCE MONASH UNIVERSITY

This online course explored the science of mindfulness and how mindfulness techniques can improve personal wellbeing and help achieve peak performance in study or at work. The course introduced a range of practical mindfulness exercises which learners were encouraged to use and reflect upon.

4 weeks, 3 hours per week



Dr Craig Hasted  
Monash University



Dr Richard Chambers  
Monash University



**MONASH**  
University



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](http://futurelearn.com/proof-of-learning/certificate-of-achievement).

This learner has not verified their identity. The certificate and transcript do not imply the award of credit or the conferment of a qualification from Monash University.



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#### **STUDY REQUIREMENT**

4 weeks, 3 hours per week

#### **LEARNING OUTCOMES**

- Identify the causes of stress in your life
- Experiment with a range of mindfulness techniques
- Develop a range of mindfulness techniques that are effective in your life
- Evaluate the impact of a variety of mindfulness techniques
- Reflect on your experiences in a personal mindfulness journal
- Model a more mindful approach to work, study and life

#### **SYLLABUS**

- The problem of unmindfulness
- Research on mindfulness
- Mindful stress reduction and managing emotions
- Improving work and study performance
- Mindfulness in memory and learning
- Cultivating self-compassion and emotional health
- Mindful communication
- Relationships and empathy
- Mindfulness as a way of life