

Supplementary Material

Supplementary Table 1. Overview of modules of the Workplace Mindfulness Training

Module	Goals	Methods
Deepening day	Getting to know Mindfulness	Mindfulness meditation Walking meditation Simple dialogs Reflection and journaling
Module 1: Attention and focus	Understand and experience how multi-tasking negatively impacts attention and wellbeing.	Multi-tasking exercises Pausing Meditation to cope with interruptions Mindful e-Mailing
Module 2: Emotions	Understanding the neuroscience of emotions. Becoming curious about emotions and developing self-compassion.	Mindfulness practice Dialogs on emotions Body scan Method of working with emotions
Module 3: Happiness	Learning how to cultivate happiness and how it impacts engagement and performance	Aimless wandering Appreciative reflection
Module 4: Time	Understanding that we cannot manage time – but we can manage our attention. Learning about Flow.	Time sensation exercise Reflection on time perception One minute pause Flow discussion
Module 5: Review and transitions	Deepening previous learning and strengthening practice through more practice	Mindfulness meditation Rituals Potentially Body Scan (20 min)
Module 6: Communication	Extending mindfulness in dealing with others.	Mindful listening Unmindful listening Deepening in mindful dialogs
Module 7: Collaboration and trust	Recognising that human relationships underpin all collaboration	Mindful dialogues Perspective change/appreciative reflection Mindful feedback Mindful meetings Compassion meditation
Module 8: Self management and leadership	Understanding the role mindfulness plays in leading our own life and in cultivating authenticity in leadership	Mindful walking Space-awareness exercises Reflection on decision making Leadership exercise
Final Day	Reflecting the journey and commitment.	Walking through the module stations Open Space – gathering of topics World Café – Dialogue Final presentation of topics