

# Webinare **Good to Know** 2021

## **ACHTSAMKEITSTRAINING – Superfood für das Gehirn in Theorie und Praxis**

Referent: Andre Wendelmuth

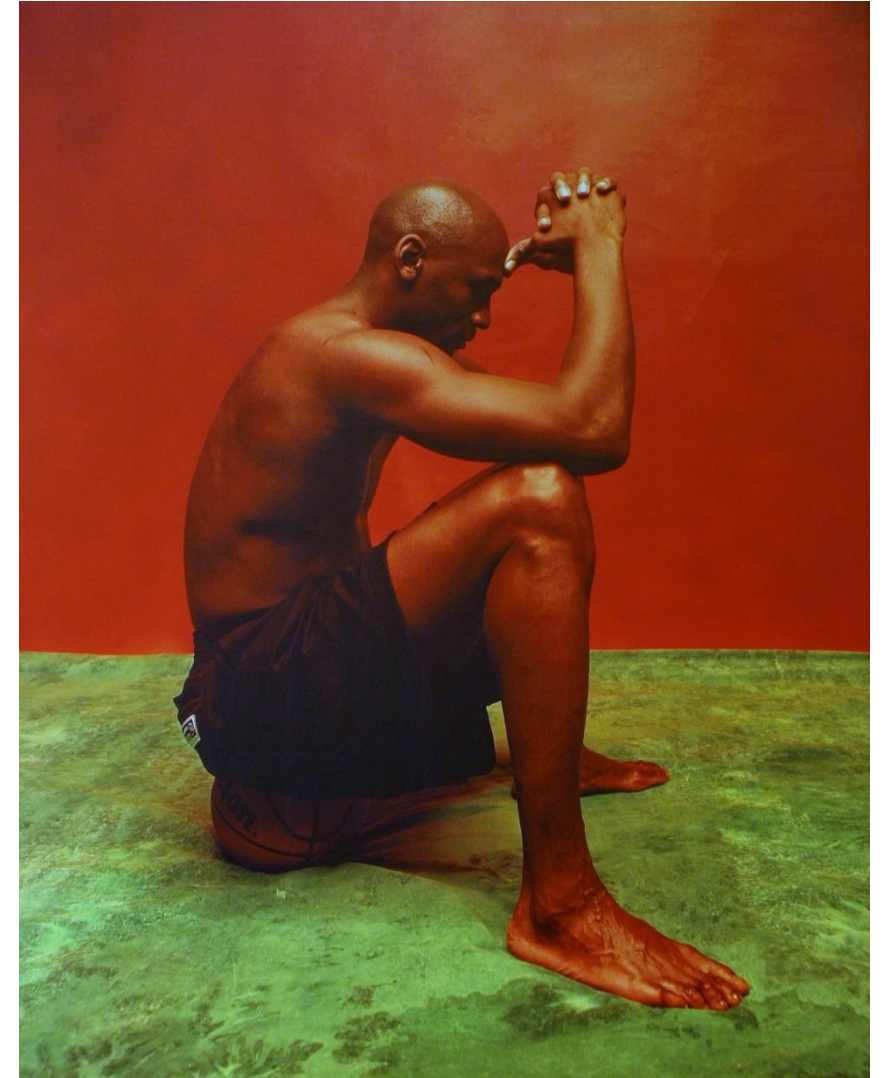
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# MICHAEL JORDAN

"I meditate every day and I usually do it for ten or fifteen minutes in the morning, as that prepares me to face whatever comes next,"

"Michael is a mystic. He was never anywhere else. His gift wasn't that he could jump high, run fast, shoot a basketball. His gift was that he was completely present." Mark Vancil.



# PADMASREE WARRIOR

*CEO von Cisco Systems, Vorstandsmitglied von Spotify und Microsoft*

“Meditation breaks me from the digital world and brings me to the physical world.”

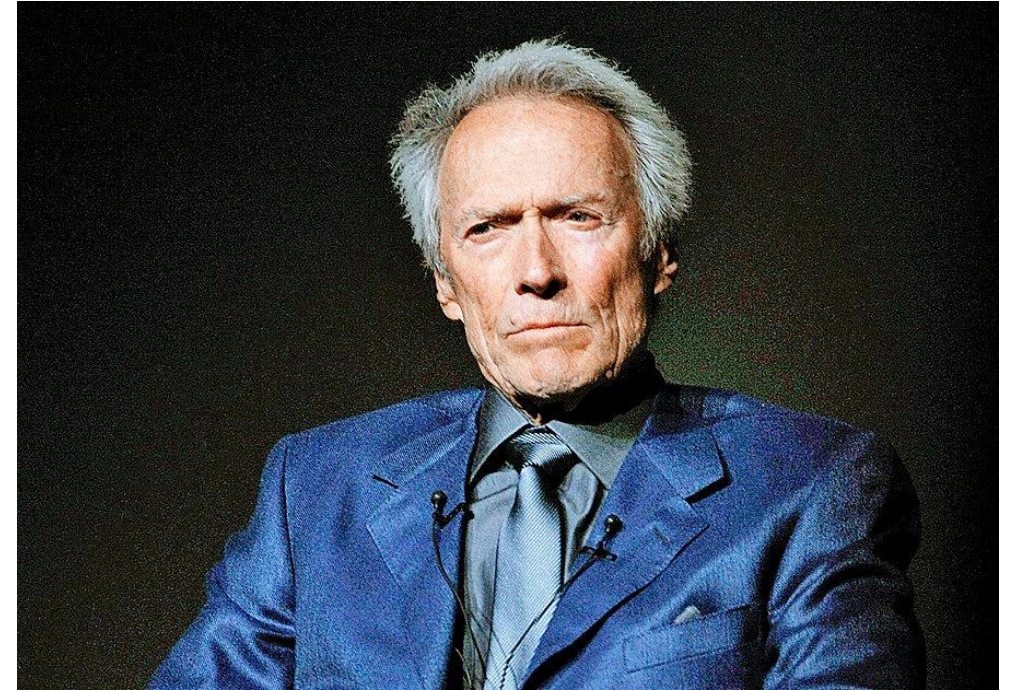


# CLINT EASTWOOD

*US-amerikanischer Schauspieler*

“I’ve been using it for almost 40 years now – and I think it’s a great tool for anyone to have, to be able to utilize as a tool for stress. Stress, of course, comes with almost every business”

“It works great. I am religious about it when I'm working. I believe in whatever self-help you can give yourself.... So meditation with me was just a self-reliant thing”



# ARIANNA HUFFINGTON

*Mitgründerin von The Huffington Post*

“Meditation is not about stopping thoughts, but recognizing that we are more than our thoughts and our feelings.”

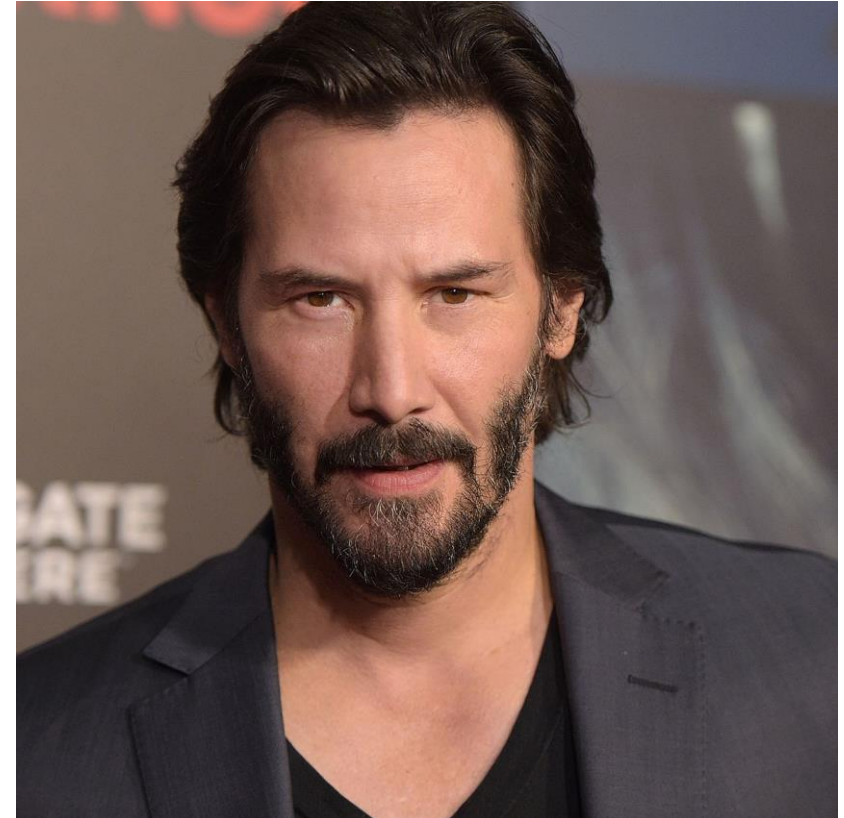
“If you take care of your mind, you take care of the world. ”



# KEANU REEVES

*US-amerikanischer Schauspieler*

“The personal experiences that I learned from meditation have helped to change the way I live my life by modifying my perception of myself and of others. What I remember most, is that we must conquer our fears. I’ve been trying to do that ever since”



# BILL GATES

*Gründer der Firma Microsoft*

“I’m certainly not an expert, but I now meditate two or three times a week, for about 10 minutes each time. I now see that meditation is simply exercise for the mind, similar to the way we exercise our muscles when we play sports. For me, it has nothing to do with faith or mysticism. It’s about taking a few minutes out of my day, learning how to pay attention to the thoughts in my head, and gaining a little bit of distance from them.”





# Theoretischer Hintergrund



PROF. JON KABAT- ZINN  
(MOLEKULARBIOLOGE)



PROF DR. RICHARD J. DAVIDSON (HARVARD  
UNIVERSITY)  
(HIRNFORSCHER)



DR. BRITTA HÖLZEL  
(NEUROWISSENSCHAFTLERIN)



DR. DANIEL GOLEMAN  
(PSYCHOLOGE)



Neuroplastizität:  
Aktive Anpassungsfähigkeit des Gehirns

## 4 HERAUSFORDERUNGEN FÜR UNSER GEHIRN IN DER MODERNEN GESELLSCHAFT

**ABLENKBARKEIT/ ZERSTREUUNG**

**EINSAMKEIT**

**NEGATIVER INNER TALK**

**VERLUST VON BEDEUTUNG, ZWECK  
UND SINN IM LEBEN**

## 4 SÄULEN FÜR EIN GESUNDES LEBEN

BEWUSSTSEIN

VERBINDUNGEN

EINSICHT/VERSTÄNDNIS

SINN/ZWECK IM LEBEN

# Wirkungen des Achtsamkeitstrainings

AUFMERKSAMKEITSREGULIERUNG

EMOTIONSREGULATION

SELBSTERLEBEN

## Umfassende Beratung

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\*Vermittlung des Zugangs zu einer telefonischen Erstberatung durch externe, selbstständige Rechtsanwälte



## **Andre Wendelmuth**

EAP – Senior Berater

B·A·D Gesundheitsvorsorge und  
Sicherheitstechnik GmbH

Cluster Börde-Harz-Heide  
Standort Braunschweig