



Incident Management Mindfulness (BCP MND)

Mindfulness Practices to Improve Incident Management

Duration: 1 day of instruction (8:30 a.m. - 5:00 p.m.)

Certificate of Completion provided

8 Continuing Education Activity Points (CEAPs) may be awarded towards recertification if applicable

Cost: \$795.00

Description

During a disruptive event, stress levels rise and cognitive functioning decreases, making team communication and optimal decisions extremely difficult. Mindfulness can help resilience professionals lead recovery efforts in the midst of many unknowns and ever-changing circumstances. Scientific research shows that a regular mindfulness practice can help, lower stress, increase emotional regulation, and improve decision making. The goal of this workshop is to train professionals and recovery teams to leverage mindfulness tools to optimize incident management and lead a smooth and prompt recovery.

Objective

At the end of this workshop, you should be able to:

1. Familiarize yourself with the definition and key benefits of a regular mindfulness practice
2. Understand the scientific research behind mindfulness
3. Identify the most common decision-making traps recovery teams tend to fall into during a disruptive event
4. Leverage mindfulness tools to improve incident management
5. Integrate mindfulness practices into an existing Business Continuity Management (BCM) exercise and training program aligned with FEMA's Homeland Security Exercise and Evaluation Program (HSEEP) framework
6. Pass the 20-question multiple choice question exam



For more information, visit drii.org.



Outline

Lesson 1: Mindfulness Definition and Scientific Research

- Define mindfulness as a formal and informal practice
- Learn the key benefits of a regular mindfulness practice
- Review scientific research that shows how mindfulness can help lower stress, increase emotional regulation, and improve situational awareness

Lesson 2: Cognitive Distortions

- Learn effective decision-making shortcuts that can be leveraged during a business disruptive event to save time
- Understand the most common decision-making traps recovery teams fall into during incident management (e.g. sunk-cost bias, group thinking)

Lesson 3: Mindfulness Practices to Improve Incident Management

- Review and practice mindfulness exercises to lower stress, increase emotional regulation, and improve decision-making during a disruptive event
- Learn how to adapt these practices to your organization's existing crisis management process

Lesson 4: Integrating Mindfulness into an Existing BCM Training and Exercise Program

- Quick overview of FEMA's HSEEP framework
- Learn how to integrate mindfulness practices into different type of BCM exercises aligned with FEMA's HSEEP framework
- Review tools to train C-level executives and recovery teams on basic mindfulness practices to optimize incident management
- Learn how to adapt foundational mindfulness practices to your organization's existing BCM training and exercise program and corporate culture

Note: This course includes short (5-15 minutes) guided meditations. Mindfulness is a secular practice and no special attire or seating posture is required.

Additional Courseware: Digital guided meditations (pre-recorded)



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