

Mindfulness for Developers

Calmness for Coders: a toolkit for wellbeing in the tech workplace



Course aim:

The developer's brain works hard. Billions of neurons hyperwire to enable the coder to think multidimensionally for hours a day, under complex deadlines, day after day. An understanding of what keeps the brain/mind fresh makes for a more fulfilling and productive career. This interactive and practical course gives participants an overview of neuropsychology for the coding mind, and presents them with go-to tools for keeping their workplace brain-state healthy, calm and balanced.

Learning Objectives:

- "I know how my brain/mind functions and performs under pressure."
- "I understand the challenges my brain/mind may encounter in developing."
- "I have acquired a range of practical concepts about mental self-care for developers."
- "I have experienced the benefits of mindfulness for myself."
- "I have access to a toolkit of practices and platforms that I can use to support my wellbeing as a developer."

Course Content Overview (3 teaching hours):

- **Neuropsychology for developers**
 - How your brain functions in the coding zone
 - The amygdala: the rollercoaster of good/bad stress
 - Stepping into the parasympathetic brain
 - Prompt / Travis Foundation: Mental Health & Tech

- **The brain/mind and the development industry: challenges & opportunities**
 - Self-confidence, imposter syndrome and self-objectification
 - Interpersonal communication and your brain
 - Managers: getting to know your seagulls from your squirrels
 - Burnout (when the brain needs to stop) and how to preempt it
- **Tools for a balanced brain under pressure**
 - Mental Self-Care for developers - top guidelines
 - Mindfulness for Developers - introduction to [Headspace](#) and other brain-calming tools
 - [Five Ways to Mental Wellbeing](#) - workplace-based practices to destress
 - [Wellness Action Plans](#) - when the pressure gets too much, a routemap back
 - Talk with other developers and learn from them - [OSMI Forum](#)

What do participants say?

- Delivery was very well-paced. Slides and video content were great and I really liked the science bits that showed it is grounded in research.
- Clear, informative and enjoyable
- Learnt a lot about how the brain processes stress and how to deal with it in a healthy way.
- A new experience. I liked the guided introduction to mindfulness and the meditations.
- I liked exploring the tools to becoming more mindful.
- I liked the opportunity to talk to other members of the course about subjects that we might not otherwise have talked about. The participation during the workshops, and hearing from other attendees, was important.
- It was really useful as an intro to mindfulness; very accepting of our different levels and stressors; and you explained things very clearly.
- I've learnt many resources that I can use for being mindful. Started to work on myself to apply them on myself.

Course Tutor: Arabella Tresilian (MAHons PGDipEd)

Arabella is an accredited mediator (workplace dispute resolution) and trainer specialising in improving workplace relations and wellbeing. She is an Associate Trainer (Workplace Wellbeing) to the charity Mind, an Improvement Coach with the Health Foundation, a Public & Patient Involvement Adviser to the National Institute of Health Research, and an Associate to the Centre for Effective Dispute Resolution. Originally the founder of a mental health specialist theatre company, she has over 20 years experience as a consultant and trainer to the health and education sectors. She is an experienced conference speaker and has trained delegates in India, Spain and across the UK. She is based in the tech hub of Bath and half her family are brilliant coders.

Cost: £325 (for 1 x 3hr session) or £495 (for 3 x 1hr weekly sessions) - inclusive of up to 1h travel time. I can deliver training at your venue, or in central Bath at The Guild Coworking Hub.

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