

**Minor Mindful Communication, 30 ects – code JM-MFCOMMEN-21 (for less- courses- option see the 2<sup>nd</sup> table below)**

Our biggest concern is safety for all our students. We therefore expect all candidates for this minor to check its contra-indication list. Might any apply to you, please contact the course coordinator [marjolein.koopmans@hu.nl](mailto:marjolein.koopmans@hu.nl) for an interview.

<i>course code</i>	<i>course name</i>
<b>MCFM</b>	<b>Fundamentals of Mindfulness - block A in fall or block C in spring</b>  Introduction to ideas of philosophers and spiritual thinkers from East and West who can be associated to mindfulness. You will also pay attention to mindfulness topics relevant to the professional practice, like coping with stress, time management, information overload, leadership, business spirituality and compassion.
<b>MCMC1</b>	<b>Mindful Communication 1 - block A in fall or block C in spring</b>  You will learn to speak, listen, give feedback, give presentations and collaborate in a mindful way. This course has been designed as a training.
<b>MCMBSR 1</b>	<b>Mindfulness Based Stress Reduction 1 - block A in fall or block C in spring</b>  You will receive a condensed version of the Mindfulness Based Stress Reduction (MBSR)-training. This training provides you with the basics of mindful communication. You will learn to apply this by doing yoga and meditation exercises, diary exercises and psychological education.
<b>MCPD</b>	<b>Professional Practice - block B in fall or block D in spring</b>  In this course you will learn to apply mindful communication in typical workplace situations, such as receiving and giving feedback to a client or customer, and handling difficult situations with your colleagues or manager. You will research the main challenges of your future working environment e.g. who will you communicate with and what are typical situations in your (future) work field.

<b>MCMC2</b>	<b>Mindful Communication 2 - block B in fall or block D in spring</b> This course is a sequel to Mindful Communication 1. You will elaborate more on mindful communication through the themes of (self)compassion and communicating in a compassionate way. Or: compassion in (inter)action. You will have a weekly training which lasts 3 hours.
<b>MCMBR2</b>	<b>Mindfulness Based Stress Reduction 2 - block B in fall or block D in spring</b> You will elaborate more on mindfulness through the theme of (self)compassion, or: compassion in your life. The programme consists of 7 weekly meetings which last 3 hours. All meetings comprise practice (meditation, basic movement exercises); reflection; theory and a practical link to your daily life, study and (future) profession.

The students who are highly motivated to attend this minor, but not all its courses, have 2 other options: to take either 2 courses in 1 block or 4 courses spread over the 2 blocks. Please see the table below:

<b>I</b>	Mindful Communication 1 + Mindfulness Based stress Reduction 1	A (or C)	<b>10</b> ects
<b>II</b>	Mindful Communication 1 + Mindfulness Based stress Reduction 1 & Mindful Communication 2 + Mindfulness Based stress Reduction 2	A (or C) & B (or D)	<b>20</b> ects