

Integrating Mindfulness and Aromatherapy in VET Education for Workforce Wellbeing

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Problem Statements

1. How can the integration of mindfulness or aromatherapy-enhanced mindfulness into a vocational educational curriculum aid educators' and students' stress management, and what influence can these practices have on their personal and professional lives?

2. What potential applicability does mindfulness have in the beauty industry, and what impact does it have on business effectiveness?

Research Approach

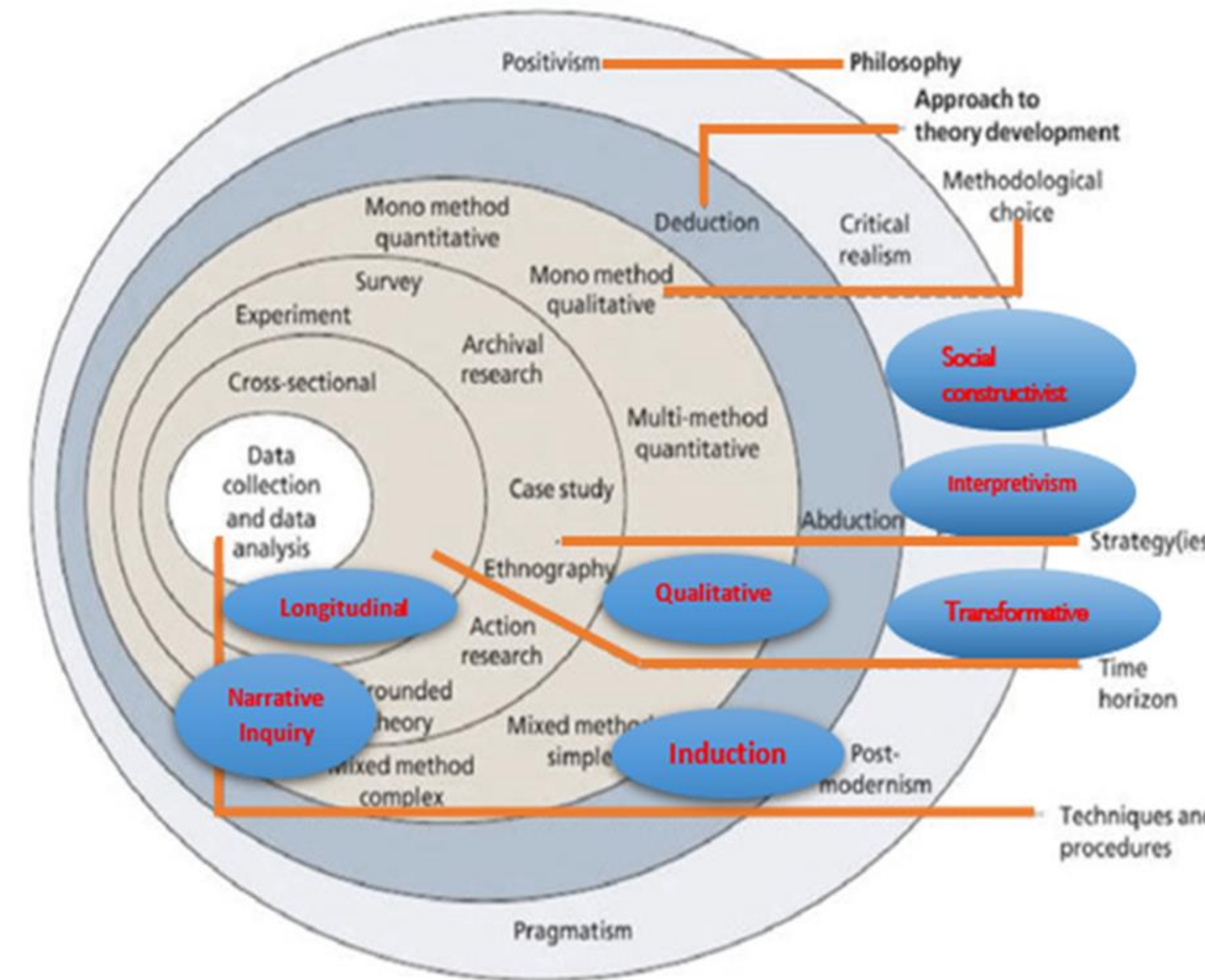
- This research aims to draw meaning and understanding from the participants' experiences. Therefore, a qualitative narrative inquiry approach is chosen for this study.
- Narrative research allows the exploration and understanding of experiences as the researcher becomes immersed in the study.

Project Overview

This study aims to explore how integrating mindfulness or aromatherapy-enhanced mindfulness in vocational education can help lecturers and students better deal with their stressors and thus gain a sense of wellbeing personally and professionally. Moreover, the study focuses on understanding the potential applicability of mindfulness in the beauty industry and its impact on business.

Methodology

Narrative Inquiry



Research Onion adapted from Saunders et al., 2007

Research Propositions

This study acts as an agent for change as it aims to illustrate how mindfulness or aromatherapy enhanced mindfulness can,

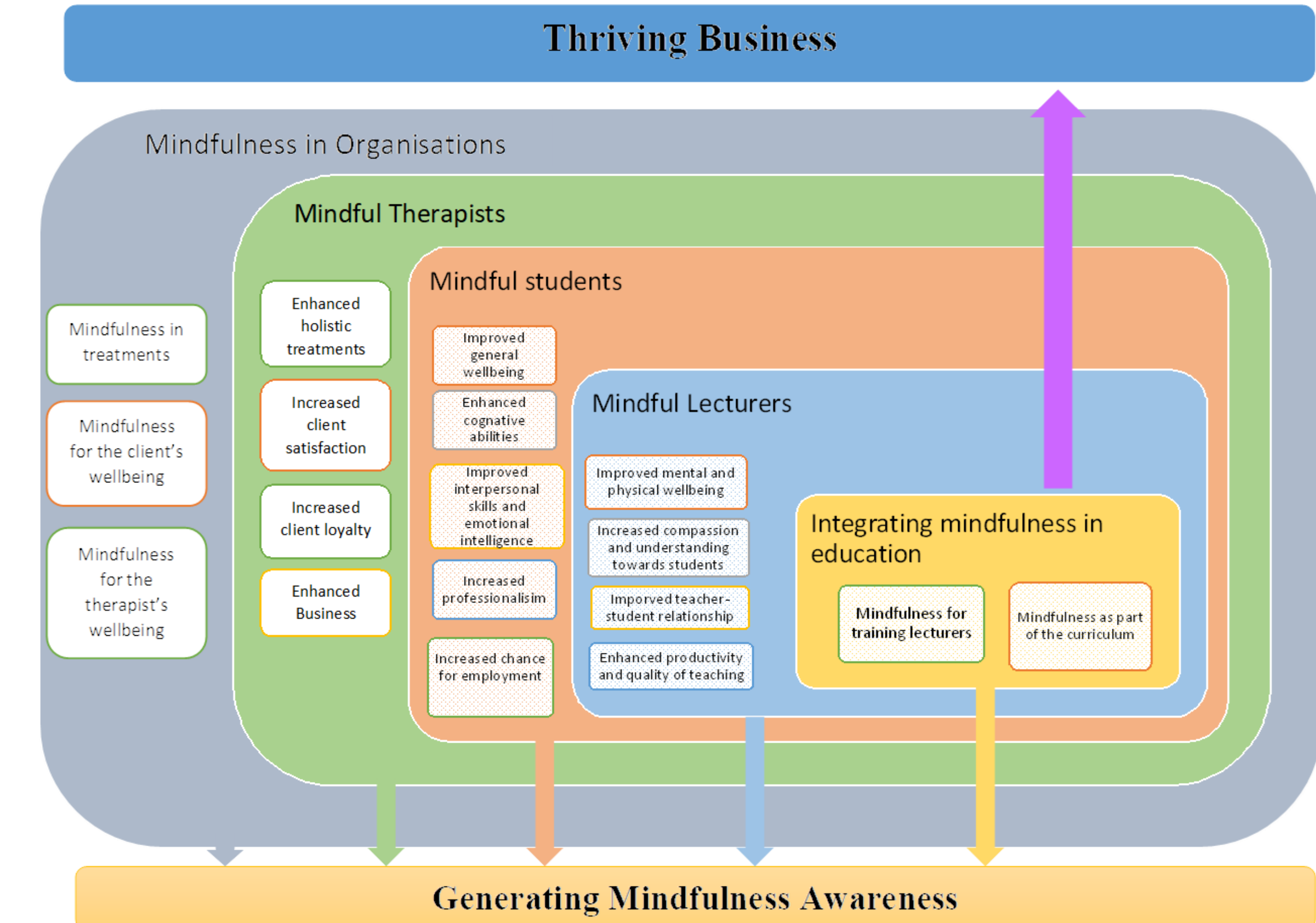
- Serve as a stress management tool for lecturers and students to improve their personal and professional lives.
- Be applied within the salon to enrich the service and strengthen the business.
- Contribute to developing a better society.

Research Objectives

The research objective of this study is to show the need for the integration of mindfulness within vocational education. This integration involves,

- Developing mindfulness units adapted to the needs of each specific course to enhance the quality of learning.
- Providing mindfulness training for lecturers and allowing them enough flexibility to cultivate a mindfulness approach within the classroom.
- Nurturing a generation of mindful students who will be able to project their knowledge and training of mindfulness within the industry. Thus, enhancing the business and the economy.

Key Figures



The integration of mindfulness in vocational education may potentially lead to a thriving business. This can be achieved by providing mindfulness training to lecturers and including mindfulness as part of the students' curriculum. In turn,

- Students can project their mindfulness education and training into the industry.
- The applicability of mindfulness with the business can aid the employee's personal and professional development, the client's wellbeing, as well as the business's reputation.
- The above contributes to generating awareness of mindfulness in the broader community.

References

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