

MINDFULNESS MATTERS

To Proliferate Your Inner Peace

As an organization you will benefit when your employees are feeling collected and centred in a chaotic world.

With mindfulness practices your employees will be skilled to navigate work place challenges in a healthy way and make the best possible decisions. The collective wellbeing of your people, is the organization's success in becoming profitable.

As individuals, your people have visions, aspirations, goals and a mission. Their **mission** is to feel balanced and happy while going through this VUCA world. **Vision** differs from one individual to another, we all plan and come to work to achieve our **Goals** and visions on a daily basis. Our **Aspirations** move us forward giving us a purpose to work & life. Mindfulness practices come in handy to help and support us achieve all of the above in a calm and composed state and manner. Mindfulness keeps you cool, energetic and assertive in all situations. Mindfulness practices also give you more cognitive flexibility.

With Mindfulness practices, research has proven, individuals are 125% less likely to burnout and 32% less likely to quit, 45% more likely to be satisfied in their jobs.

LEARNING OUTCOMES

- ✓ Discover your mental distractions
- ✓ Maintain and recover focus
- ✓ Know your emotional state and mood
- ✓ Realize, Replace, Remove & Relax, away from stress
- ✓ Know your power circle
- ✓ Have healthy relationships



For enquiries;



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