

# MINDFULNESS TRAINING PROGRAMS FOR THE WORKPLACE

## WHY MINDFULNESS?

Physical health and wellness is often a major consideration for businesses and organizations, but what about the mental health of employees? Over the past decade many companies (Google, Nike, Apple, etc.) are investing in mindfulness trainings, especially now that employers are seeing the effects the pandemic has had on mental health and stress. Creating a mindful culture in the workplace leads to a reduction in employee stress and turnover, increases productivity and engagement, boosts creativity and innovation, and aids in recruitment.

The Center for Mindful Living's Workplace Mindfulness Training Programs are designed for businesses and organizations with employees that may be experiencing high levels of stress or are noticing increased employee turnover rates, decreased productivity, or increased instances of time off due to stress related illness.

Each 2-hour, half-day, or full-day Training Program includes content learning along with the practice of mindful tools and interactive experiences to make sure that each employee leaves empowered to incorporate what they learn into their everyday work and home lives.



## CURRENT PROGRAM TOPICS:

**Burnout: Emotional Exhaustion and Finding Balance** This program defines burnout, the stages, causes and consequences, and discusses techniques to recognize and manage it. The program will include stress management strategies, with a mindful focus, and interactive exercises to leave participants with tools to create balance in the workplace in order to prevent and address burnout.

**Emotional Health & Wellbeing: Mindfulness and Stress Management** This program focuses on prevention techniques to manage stress and daily emotional health and well-being. This program will guide participants through specific mindful exercises and discussions on stress management tools to integrate into the workplace and personal lives.

**Mindful Leadership** This program is under development and will be available in July 2021. Stay tuned! If you are interested please contact us to be put on the waiting list.

## ABOUT US

The Center for Mindful Living is a Chattanooga based non-profit organization that provides mindfulness pathways to people and communities through education, practice and partnerships. Connection, community, compassion and growth are at the core of everything we do at the Center.

### The Center for Mindful Living

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## ADDITIONAL INFORMATION ---

**Group Size Recommendations:** Programs are most successful with small-medium size groups (20-30 employees) but we can work with you if you have more! With the full day training, there is a mindful movement component so adequate space would need to be a consideration.

**Timing of Training:** The 2-hour trainings can be offered at any time during your work day. The half-day trainings are 3.5 hours and fit well before or after lunch (8:30 a.m.-12 p.m. or 1 p.m.-4:30 p.m.) The full-day trainings are 7 hours with a 1 hour lunch break. We will work with you to determine the best times for your team.

**Location:** We generally come to your business location, but can also offer half-day and full-day workshops off-site at one of our partnering facilities for an additional charge. This is highly recommended for the full day trainings.

**Surveys & Follow Up:** We will create a pre and post survey to share with participants in order to learn more about the business/organization employee needs, customize the training accordingly, share feedback with management, and offer follow up suggestions based on survey responses.

## PRICE STRUCTURE ---

2 HOUR TRAINING	\$1,000
HALF DAY TRAINING (3.5 HRS)	\$2,000
FULL DAY TRAINING (7 HRS)	\$3,000
OFF SITE TRAINING LOCATION	ADDITIONAL COST BASED ON LOCATION

# BURNOUT: EMOTIONAL EXHAUSTION & FINDING BALANCE

## PROGRAM DESCRIPTION

The Center for Mindful Living's Workplace Mindfulness Training Programs are designed for businesses and organizations with employees that may be experiencing high levels of stress or are noticing increased employee turnover rates, decreased productivity, or increased instances of time off due to stress related illness. Creating a mindful culture in the workplace leads to a reduction in employee stress and turnover, increases productivity and engagement, boosts creativity and innovation, and aids in recruitment.

The 'Burnout' program is designed for businesses and organizations that are already seeing symptoms of high stress in their employees and are looking to educate employees on techniques to reduce and prevent future instances of burnout.

Through this workplace training program, our experienced instructors will guide participants through specific mindful exercises and discussions on stress management tools to integrate into the workplace and personal lives. Participants will leave with the necessary tools to feel empowered to create change and balance.



## TOPICS COVERED:

### 2-hour Training

- Define Burnout, stress, and the differences between the two
- Stages of burnout
- Causes and consequences of burnout
- How to recognize and manage burnout
- 10 minute guided meditation

### Half-Day Training (3.5 hours)

- Topics listed in 2-hour workshop
- Creating a personal self-care plan
- Includes a breathing exercise and a 30-minute guided meditation

### Full-Day Training (7 hours)

- Topics listed in 2-hour and half-day workshop
- Recognizing stress & burnout in colleagues
- Resilience building tips and exercises
- Expressive writing for stress management

## LOCATION:

Our Instructors generally come to your business or organization, but for an additional fee we can offer workshops off-site at one of our partner facilities. This is highly recommended for the full-day training in order to create a neutral and therapeutic space. We can also offer workplace trainings through a virtual platform, if preferred.

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# EMOTIONAL HEALTH & WELLBEING: MINDFULNESS & STRESS MANAGEMENT

## PROGRAM DESCRIPTION

This program is more of a preventative type of program for emotional health and well-being with a focus on stress management and daily balance. This program will go through specific mindful exercises and discussions for participants to be able to incorporate mindfulness into their daily lives. Through mindful practice and interactive exercises participants will learn necessary tools to feel empowered to create change and balance.

The Center for Mindful Living's Workplace Mindfulness Training Programs are designed for businesses and organizations with employees that may be experiencing high levels of stress or are noticing increased employee turnover rates, decreased productivity, or increased instances of time off due to stress related illness.

The 'Emotional Health and Wellbeing' program is designed for businesses and organizations who want to support the emotional health and well-being of their employees. Simply a more preventative workshop and a perfect restart/recharge program due to the challenges that we have faced during the global pandemic.



## TOPICS COVERED:

### 2-hour Training

- Define mindfulness and its benefits
- Ways to practice mindfulness
- Signs and impact of stress on the body
- How mindfulness can reduce stress
- Creating a mindful space at home and at work
- Breathing exercise & 10-minute guided meditation

### Half-Day Training (3.5 hours)

- Topics listed in 2-hour workshop
- Boundary setting & maintaining boundaries
- 30-minute guided meditation

### Full-Day Training (7 hours)

- topics listed in 2-hour and half-day workshop
- Benefits of gratitude and exercises to practice gratitude: journaling & meditation

## LOCATION:

Our Instructors generally come to your business or organization, but for an additional fee we can offer workshops off-site at one of our partner facilities. This is highly recommended for the full-day training in order to create a neutral and therapeutic space. We can also offer workplace trainings through a virtual platform, if preferred.

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