

CORPORATE BASED MINDFULNESS TRAINING



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Focused Minds | Organizational Excellence

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WHY CORPORATE MINDFULNESS?



THE PAID REALITY:

Pressured

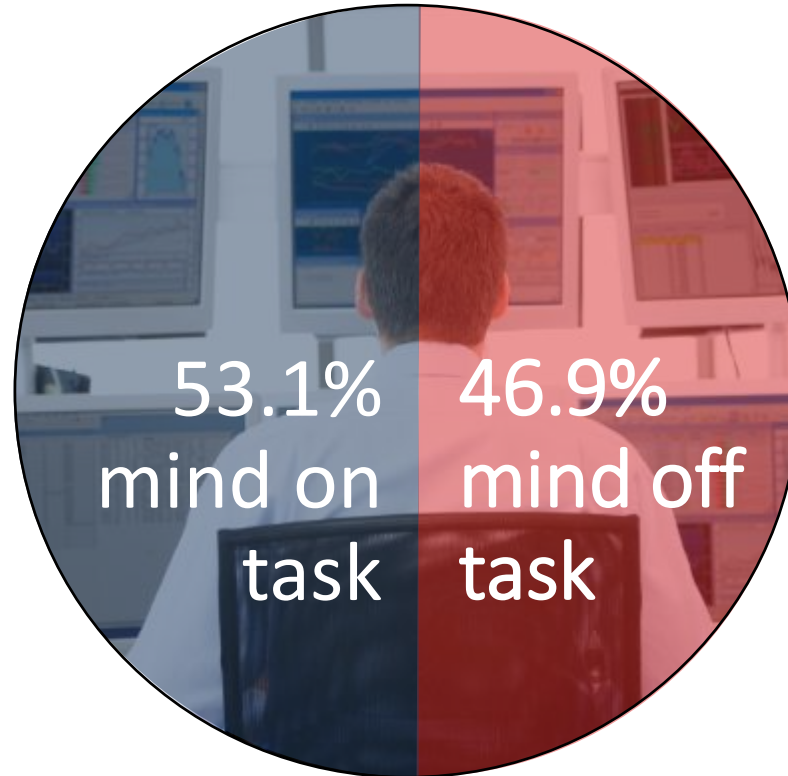
Always on

Information overloaded

Distracted

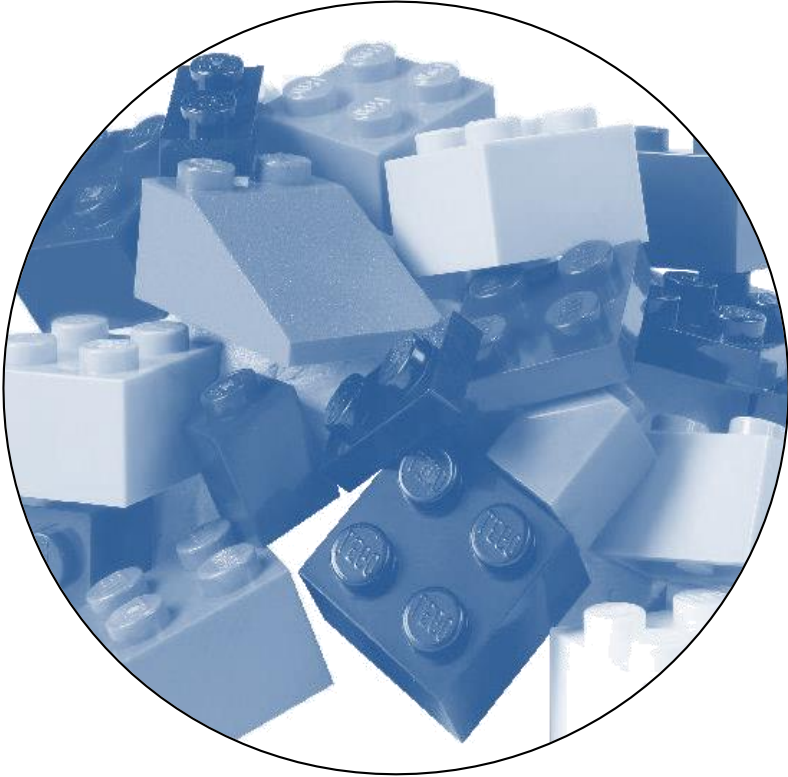
WHY MINDFULNESS MATTERS?

Focused
Results driven
Effective
Creative
Resilient
Balanced
Collaborative



Distracted
Inefficient
Ineffective
Cognitively rigid
Overwhelmed
Stressed
Disengaged

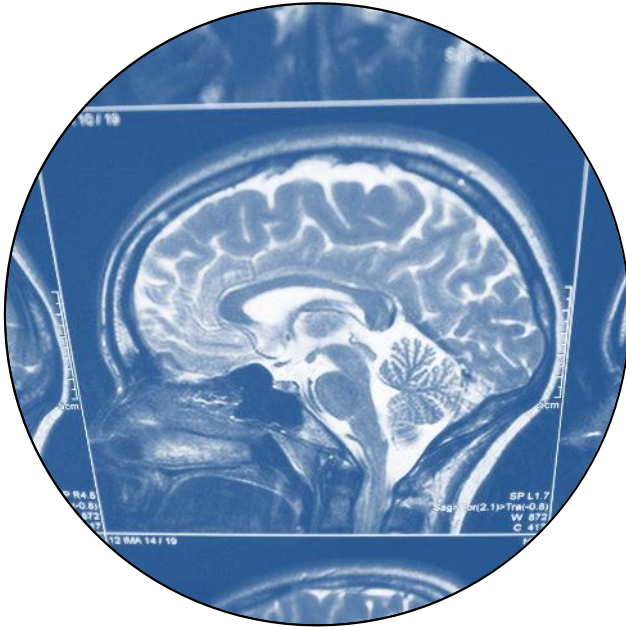
TAILORED SOLUTIONS



- ▶ Audience
- ▶ Content
- ▶ Culture
- ▶ Duration
- ▶ Structure

COMBINING SCIENCE AND BUSINESS

Developed in collaboration with leading scientists and business experts



PROGRAM TRACKS

PERFORMANCE & EFFECTIVENESS

- ▶ Focus & Concentration
- ▶ Clear Goals & Priorities
- ▶ Efficiency & Productivity

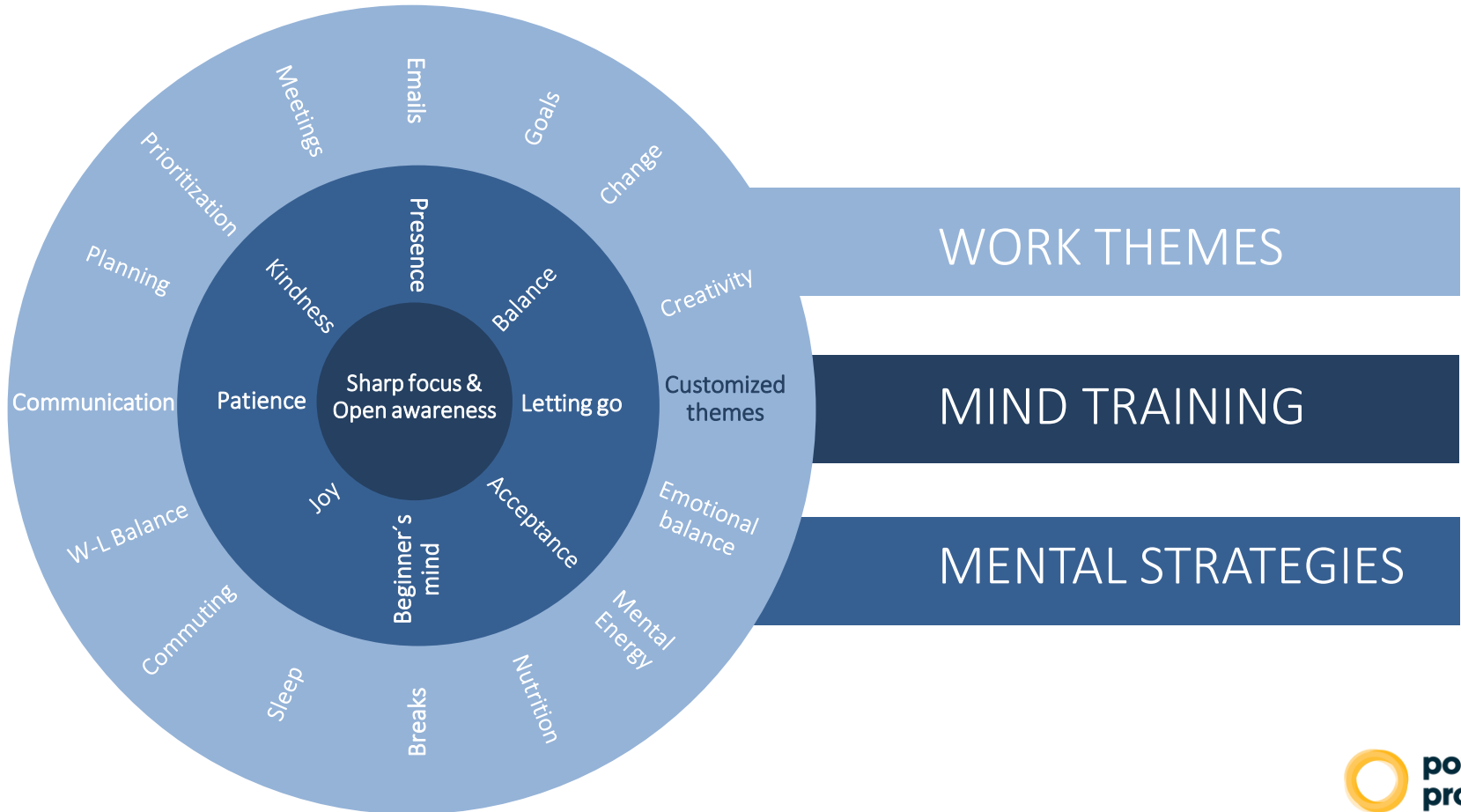
CREATIVITY & ENERGY

- ▶ Creativity & Innovation
- ▶ Energy Management
- ▶ Creative & Energized Cultures

BALANCE & CHANGE RESILIENCE

- ▶ Well-being & Job Satisfaction
- ▶ Resilience & Work-life Balance
- ▶ Stress Reduction & Retention

PROGRAM COMPONENTS



MINDFUL WORKSHOPS

PERFORMANCE & EFFECTIVENESS

- ▶ MENTAL EFFECTIVENESS
- ▶ MINDFUL EMAILING
- ▶ MINDFUL MEETINGS
- ▶ CLEAR GOALS
- ▶ CLEAR PRIORITIES
- ▶ CLEAR PLANNING
- ▶ COMMUNICATION
- ▶ PRESENTING

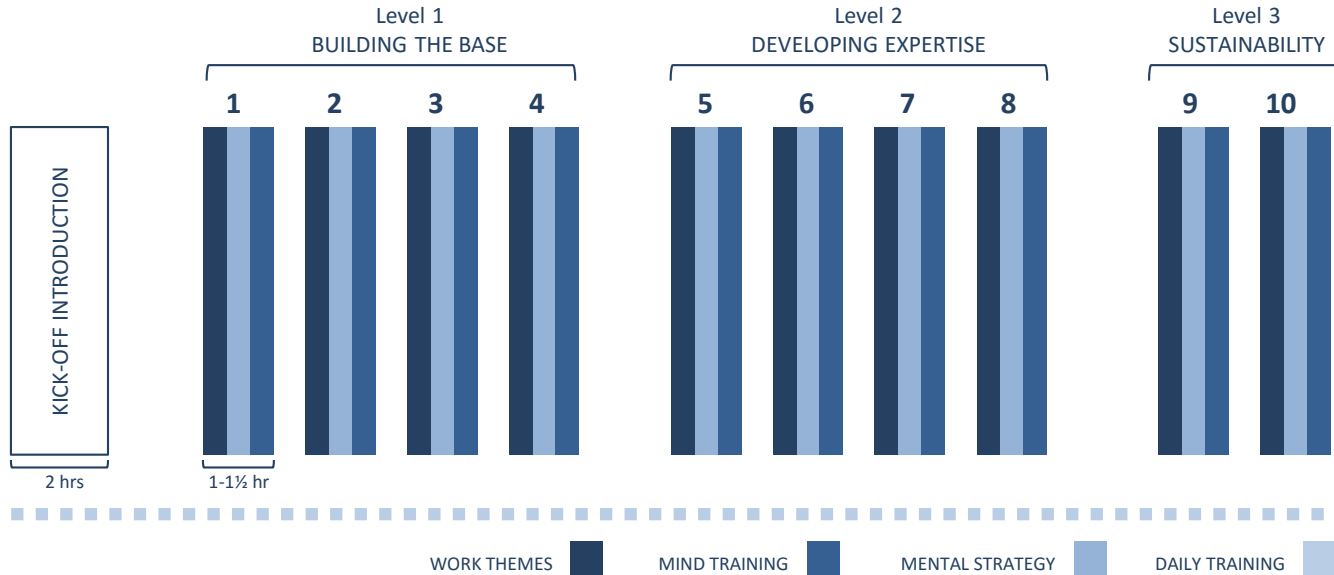
CREATIVITY & ENERGY

- ▶ INDIVIDUAL CREATIVITY
- ▶ SOCIAL CREATIVITY
- ▶ MENTAL ENERGY
- ▶ NUTRITION & ENERGY
- ▶ SLEEP & ENERGY
- ▶ PHYSICAL ACTIVITY

BALANCE & CHANGE RESILIENCE

- ▶ WORK LIFE BALANCE
- ▶ EMOTIONAL BALANCE
- ▶ MANAGING CHANGE
- ▶ PERFORMANCE BREAKS
- ▶ MINDFUL COMMUTING
- ▶ MINDFUL WALKING

STANDARD PROGRAM



Components of CBMT is also delivered as half-day and full day workshops as well as integrated into existing training program structures.

POTENTIAL PROGRAM*

SESSION	DATE	THEME	MENTAL STRATEGY
1	TBD	Introduction	
2	TBD	Multitasking vs. Mental Effectiveness	
3	TBD	Mindfulness & Clear Goals	Presence
4	TBD	Mindful Prioritization & Planning	Patience
5	TBD	Mindful Meetings	Kindness
6	TBD	Mindful Emails	Beginner's Mind
7	TBD	Mindfulness & Creativity	Joy
8	TBD	Mindful Communication	Non-judging
9	TBD	Mindfulness & Managing Change	Acceptance
10	TBD	Mindful Energy Management	Letting go
11	TBD	Work Life Balance and Going Forward	

* Sample "full" program including 10 weekly sessions and a follow up session one month after the second last session

MEASURED RESULTS



SIGNIFICANT INCREASE

- ▶ Job performance
- ▶ Effectiveness
- ▶ Focused attention
- ▶ Work-life balance
- ▶ Job satisfaction
- ▶ Retention
- ▶ Quality of life
- ▶ Loyalty towards company
- ▶ External awareness



SIGNIFICANT DECREASE

- ▶ Distractedness
- ▶ Stress
- ▶ Emotional exhaustion
- ▶ Conflicts

Above results were found by third-party researchers. Client case studies available upon request

THANK YOU!



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