



IMPROVE WORKPLACE WELLNESS WITH MINDFULNESS



About the course

Mindfulness One: Workplace is Ovio's beginners' mindfulness course. Designed specifically to improve wellness, enhance performance, and improve workplace culture.

Benefits for employers and employees:

Employers and their teams will learn grounded and powerful mindfulness techniques that can be applied at work to improve wellness, focus, engagement and productivity. Mindfulness has been shown to reduce workplace stress, anxiety and reactivity, reduce absenteeism and healthcare costs, increase energy levels, resilience and facilitate great working relationships. Your staff will feel valued and your organisation will be a better place to work.

Ovio's Mindfulness One: Workplace course is part of a global, evidence-based, mindfulness movement used in companies such as **Google, LinkedIn, Apple and Harvard Business School** to dramatically increase wellness, creativity and purpose-driven performance. .

Included in the course

- Three 1-hour mindfulness sessions
- A mindfulness journal for each participant
- Audio downloads

If you would like to improve employee wellness and focus in your workplace, we can work with you to customise our Mindfulness One: Workplace course to meet your organisation's specific requirements. The following information can be used as a guide:

Where: In any suitably sized office space. AV equipment is needed to run the course, but this may be supplied if needed.

When: Sessions are scheduled at times that suit you and your workplace. Sessions can be consecutive as a half-day workshop, or spread out over a time frame that suits you.

Who: Our courses will benefit employees at any level within your organisation. The course is designed for groups of 1 -20 people per session.

Costs: Please ask us for a quote, costs will be tailored to your requirements, numbers of people and your budget.

SESSION ONE: **INTENTION AND MOTIVATION**

What is Mindfulness?
Secrets of the mind unveiled.
The truth about multitasking.
Mindful body scan exercise.
Discussion

SESSION TWO:
A CALM CLEAR MIND
Managing stress.
Engaging fully in life.
Dealing with difficult emotions.
Mindful breathing exercise.
Discussion.

SESSION THREE:
RELATING TO OTHERS
Communication.
Empathy and compassion.
Mindfulness exercise.
Integration and change.
Discussion.

