

The Mindfulness Advantage Program

A Mindfulness Training for Leadership and Employee Development



Overview:

Our *Mindfulness Advantage Program* is a transformational cutting edge leadership and employee development training. It's implementation addresses and resolves some nagging issues facing leaders and their organizations today that are wasting precious resources.

A mindfulness program in your organization will create a cultural shift to reduce workplace stress and burnout to save on health care costs, absenteeism and turnover while increasing resiliency. Mindfulness in your company culture will increase emotional intelligence and reduce unnecessary conflict.

Organizations like Aetna, Google and Intel have proven mindfulness programs produce a sizable return. Mindfulness can be key to creating a culture where people are motivated, inspired and engaged.

Mindfulness Tools That Make The Big Difference:

- *The Instant Mindfulness Method™* to reduce workplace stress and burnout.
 - Reduce healthcare cost.
 - Increase productivity, engagement and resiliency.
 - Reduce turnover.

- *Mindful Communication*
 - A process team members use to reduce error. Avoid critical action items falling through the cracks.
 - Increase psychological safety and morale.
 - Reduce turnover.

- *Emotional Intelligence*
 - 4 keys everyone can use to develop and use emotional intelligence.
 - Increase psychological safety and innovation.
 - Reduce workplace conflict.
 - Reduce turnover.

Logistics:

The Mindfulness Advantage Program begins with the Instant Mindfulness Method™ training delivered in a 1/2 day workshop on site or through web conference. All organizations begin with this proprietary training because the method is utilized in the training on *Mindful Communication* and Emotional Intelligence.

The Mindful Communication to Fuel Innovation and *4 Keys for Emotional Intelligence* are full day workshop trainings delivered on site. Teams within your organization can complete the program in 2 1/2 days. Alternatively, your organization's needs can be assessed as to which workshop should follow the training on the *Instant Mindfulness Method™*.

Ongoing support for a shift where mindfulness becomes a part of your company's culture will deepen your company's return on investment. This is because when mindfulness is applied over time it reduces toxicity in the workplace that wastes so much time and creates turnover. We will tailor your ongoing coaching support based on your organizations needs.

Contact Kailee Murphy to set up a call to review the program and your particular needs.

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Workshop Schedules and Content:

Instant Mindfulness Method™ Training

Hour 1	Introduction to Mindfulness: Definition and how it will benefit participants. Participants will get leverage on themselves to fully embrace and adopt mindfulness and the technique to reduce stress at work.
Hour 2	The technique is explained and demonstrated. Participants get to experience the technique. 5 minute audio/meditation training is experienced. Participants are set up to use the audio to continue training.
Hour 3	Behavioral triggers assessment: Triggers for stress, emotional upset and workplace conflict are identified and training provided to use mindfulness to work through them constructively.
Hour 3	Summary and Q & A

Mindful Communication to Fuel Innovation

Morning Session 1	Introduction to Mindful Communication. How to use communications skills in conjunction with mindfulness to create psychological safety amongst team members and in the workplace in general. Step-by-step communication process is presented.
Morning Session 2	In depth training on each step of our mindful communication process is presented. Participants will experience using the Instant Mindfulness Method to stay present while communicating in a work environment.
Afternoon Session 1	Exploratory session where each participant will assess how they learn most easily. Participants will dive deep to discover how they feel respected and appreciated. How they learn, feel respected and appreciated will be brought into communicating with one another.
Afternoon Session 2	In this session they will bring it all together and construct a plan to move forward. Summary and Q & A.

4 Keys for Emotional Intelligence

Morning Session 1	Introduction: "What is emotional intelligence and why is it so essential for fulfilling potential?" The 4 keys to developing a high EQ are discussed in conjunction with mindfulness.
Morning Session 2	Self assessment: Participants will assess themselves with each EQ key and lay out a plan to use mindfulness and the keys to enhance team communication, effectiveness and psychological safety for innovation.
Afternoon Session 1	The Power of Building Rapport: The 4 M's of rapport presented, demonstrated and practiced. Part 1: How to use mindfulness, rapport and the 4 keys of emotional intelligence in communication to resolve conflict
Afternoon Session 2	Part 2: How to use mindfulness, rapport and the 4 keys of emotional intelligence in communication to resolve conflict. Summary and Q & A.

Summary:

The foundation of the *Mindfulness Advantage Program* is to reduce workplace stress for a return on health care costs, absenteeism and employee turnover. To create a culture that attracts the best talent.

At Ancient Wisdom for Modern Business we tailor our training to meet your goals for developing your leaders, teams and workforce. These three development programs are recommended to create a culture of engagement where people embrace teamwork and change to maximize innovation. We will mix and match our trainings to address your current challenges and meet your goals.

Contact us and we will assess your needs and put together the perfect training for your situation, including the follow up necessary to support creating a work environment where people desire to be at work every day and produce their best results.

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