

Mindfulness Courses

A productive addition to any employee health & wellness program

David Gelles, a business reporter for *The New York Times*, first reported on corporate mindfulness in 2012, when he described an initiative at **General Mills**. Similar programs have popped up at **Ford, Google, Target, Adobe**—and even **Goldman Sachs**.

The adoption of corporate mindfulness programs has been rapid due to its potential to help the bottom line.

Source: *The Atlantic, Corporations' Newest Productivity Hack: Meditation*

Corporate Mindfulness Challenge

Aetna estimates the bottom-line impact of corporate meditation:

- \$2,000 annual savings per employee in health care costs savings
- \$3,000 annual gain per employee in productivity

Corporate Mindfulness Classes

- 60 minutes
- Offered weekly
- Most effective at the start of the day, or over the lunch hour

Inquire for current rates
Tom@PositiveEnabler.com
816-699-3807

Benefits of mindfulness in the office

- Reduced workplace, mental & emotional stress
- Improved customer service
- Reduced workers compensation claims
- Enhanced team morale
- Increased employee mental clarity
- Increased staff appreciation of employer
- Higher work efficiency
- Decreased absenteeism
- Increased productivity
- Reduced staff turnover
- Increased concentration

Stress costs American business a staggering \$407 billion per year.

—U. C. Irvine Research

Who benefits from mindfulness?

Sales Team

Mindfulness helps:

- Empathize with your prospects
- Develop win-win relationships

Executives

Brain-imaging research suggests meditation helps:

- Regulate your emotions
- Make better decisions that positively impact the bottom line

Employers & Employees

One significant study looked at the effect of meditation on employees. Mediators had improved significantly more than matched controls on measures of:

- Employee effectiveness
- Job satisfaction
- Less employee turnover
- Professional & personal relationships
- Status of general health

“You can not out-work a problem, you have to out-meditate it.”

—Procter & Gamble
CEO A.G. Lafley

Program options

- Single classes (Up to 20 employees)
- 5- or 8-week introduction to Mindfulness
- Ongoing program to suit your company's needs

About corporate mindfulness classes

A 60 minute Corporate Mindfulness session includes:

- 10 minute relaxation exercise to gently clear the mind, relax the body and increase concentration
- 35 minute course topic
- 15 minutes for questions or discussion

General Mills finds that meditation improves creativity, because people spend more time thinking about their work, not about other things in their life.

—Forbes



Tom Tortorich

Tom has been teaching mindfulness courses and workshops since 2013.

Experienced in the corporate environment. For 10 years, Tom served as a project manager and web designer at a PR firm in the financial services industry. He saw first-hand the detrimental effects of stress on productivity, health and job satisfaction.

Tom's empathetic nature and a life-long journey of personal development has led to his current pursuit of assisting others on their path to better health and happiness. He believes that meditation is the key to greater self awareness, which leads to effective stress management, better choices, and consequently a life of more ease, joy and balance.