

Corporate Mindfulness & Meditation Series

The Corporate Mindfulness and Meditation Series is a program that provides the necessary tools and techniques to cultivate peace and calm in one's life. This weekly meditation helps create a balanced and peaceful state of mind, no matter what is going on in the world.

The pandemic and resulting global shifts have challenged all of us in countless ways. From financial instability, to social isolation, to mental health issues, folks are struggling to cope with their day-to-day lives. We are experiencing ambiguous loss on a worldwide scale and missing the necessary tools to cope with the associated grief.

Your team members on the frontlines are providing mental and emotional support for the residents in your community. But how are they being supported? The mental health and wellness of your staff is one of the most important things needed for a business to succeed. If they cannot support themselves, they cannot support others.

Have you thought about ways to help your team during these unprecedented times? Are you looking for ways to facilitate a healthy and supportive corporate culture?

Look no further! I provide your team members with the tools needed to reduce stress, anxiety, and burnout. Increased stress and poor mental health in the workplace can lead to reduced productivity and absenteeism. Addressing these areas [improves work productivity](#) and creates the foundation for a healthy work-life balance.

Meditation and mindfulness will teach your staff how to stay focused and keep their minds calm. This will give them the ability to respond to and manage stressful situations in a holistic and empowered way. This is life-changing to the individual and to the company they are part of.

Our Weekly Meditations Include Focus on:

- An introduction to Robyn's *Platform of Wellbeing*
- Reduce stress and burnout
- Increase resilience
- Gain more clarity and focus
- The importance of breath
- Adapt to change
- The importance of mindset
- Help coworkers stay connected and be more collaborative
- Tap into creativity
- Gain awareness of limiting beliefs and patterns
- Develop healthy boundaries
- Maintain healthy work-life balance

Live Zoom – Weekly 1hour Sessions

Group meditation classes are held live and techniques are simple to follow. They allow employees to learn, practice, and ask questions. The participants are encouraged to review and practice the meditations daily for optimum results. Meditations are recorded and sent out to each person weekly.

Customized Communication Strategy

Customized materials include handouts, community support, and Q&A.

Business Impact Metrics

A short survey will be included halfway through the program, and again at the end. This information will provide you information on your team's results on a variety of key business metrics such as stress, productivity, focus, and quality of life.

Full Client Success Team Support

Everything is managed and provided. All you need to do is sit back and watch your team members thrive in the workplace as they release stress and learn tools & techniques for coping.

Specifications

Program Duration	6 weeks per series. 1 hour/session.
Program Delivery	Zoom (all sessions are recorded and sent to participants weekly)
Investment	<u>Book a Discovery Call</u> for Quote
# of Participants	Unlimited
Material Provided	Handouts & exercises accompany sessions as needed.
Refund Policy	Full refund if cancelled 1 week prior to start date.

*Deloitte Article

<https://www2.deloitte.com/ca/en/pages/press-releases/articles/significant-roi-for-workplace-mental-health-programs.html>

Facilitators Profile



Robyn Wyman is a Life Transition Coach, Holistic Healer and Bestselling Author. She supports people to gracefully move through challenging life transitions so they can achieve peace and balance in their lives.

Robyn has developed a unique healing platform, the "Platform of Wellbeing", which addresses the whole person and helps facilitate healing from the inside out. She uses a variety of healing modalities to promote wellbeing delivered through workshops, courses, products, private coaching, meditations and mentorship programs.

Her methods are innovative, leaving her clients with lasting results. For more information, or to book a complimentary discovery session visit: www.thecalmvillage.com.