



**WORKPLACE
MINDFULNESS-BASED
INTERVENTION
WELLNESS PROGRAMME**

**TURN YOUR
ORGANISATION INTO
SUPERHERO**

**HEADQUARTERS
AND IMPROVE YOUR
BUSINESS**

PERFORMANCE

TOO!



WHAT IS THE SUPERPOWER OF MINDFULNESS?

“Mindfulness is a state of active, open attention on the present. When you’re mindful, you carefully observe your thoughts and feelings without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future”
(<https://www.psychologytoday.com/us/basics/mindfulness>).

**WHAT ARE THE BENEFITS OF MINDFULNESS IN THE
WORKPLACE?**



Enhanced focus, strategic thinking, creative problem solving and innovation



Enhanced teamwork, co-operation and productivity



Enhanced communication skills and conflict resolution



Lowered levels of stress, anxiety and depression resulting in high levels of performance



Enhanced employee engagement and retention



Healthier, happier employees and lower levels of absenteeism



WHAT IS MINDFUL ME?

Mindful Me is a workplace mindfulness-based intervention employee wellness programme. The following mindfulness interventions are utilised to human potential is unlocked and the SUPERPOWER of MINDFULNESS is harnessed:



Musing and meditation



Movement and dance



Music and self-expression

WHAT DOES MINDFUL ME COST?



Various cost effective options are available to fit the pocket of small, medium and large organisations:

R 300.00 per session*
(includes 1 x 30 min onsite mindfulness session ONCE a week with a max. of 30 employees. Sessions will vary between musing, movement or music. R 10.00 per employee per session / R 40.00 per employee per month).

R 240.00 per session*
(includes 1 x 30 min onsite mindfulness session TWICE a week with a max. of 30 employees. Sessions will vary between musing, movement or music. R 8.00 per employee per session / R 64.00 per employee per month).

R 180.00 per session*
(includes 1 x 30 min onsite mindfulness session THREE TIMES a week with a max. of 30 employees. Sessions will vary between musing, movement or music. R 6.00 per employee per session / R 72.00 per employee per month).

*Price per session remains set even if less than 30 employees are present in the session

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