MINDFULNESS IN THE WORKPLACE

THE PROBLEM

500,000+ EMPLOYEES miss work each day because of mental health problems

$6 BILLION Annual cost to Canadian businesses

THE SOLUTION

MINDFULNESS
A mental state achieved by focusing one’s awareness on the present moment

SCIENTIFICALLY PROVEN TO:

Decrease:
- Stress
- Anxiety
- Depression

Increase:
- Performance
- Focus
- Memory
- Creativity

WHO STUDIES MINDFULNESS?

G O V E R N M E N T
British Members of Parliament

M I L I T A R Y
US and Canadian Armed forces

F O R T U N E 5 0 0 C O M P A N I E S
Google, Target, General Mills, Goldman Sachs

E D U C A T I O N A L I N S T I T U T I O N S
Harvard Business School, The International Baccalaureate

S P O R T S T E A M S
The LA Lakers, The Seattle Seahawks

INTRODUCING THE 30 DAY MOVEMBER MINDFULNESS CHALLENGE

An innovative, online training program rooted in neuroscience

HOW IT WORKS

10 min/day
30 consecutive days
Online, anytime, anywhere, any device
Employees can invite a friend from outside the organization

4 KEY IMPACT AREAS

Health and wellbeing
Stronger leadership
Enhanced performance
Improved teamwork and conflict resolution

Annual cost to Canadian businesses

Come to an orientation and registration session to learn more about the art and science of mindfulness and to register for the 30-Day Mindfulness Challenge beginning in February 2016. The cost for this online Challenge is $25.00 per person and includes a buddy. To register for one of the orientations or to learn more about Challenge registration, please visit http://bit.ly/UBC30day.