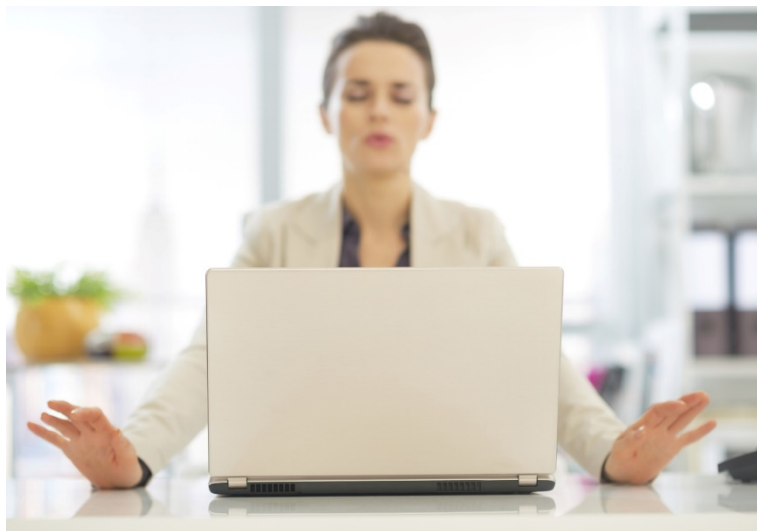


# Mindful Practice & Meditation @ Work

Companies offer yoga at work, why not meditation? Indeed the benefits of the ancient practice of meditation and mindfulness are finding their way into forward-thinking workplaces.

Organizations that offer meditation and mindfulness training say their employees take fewer sick days, have better focus and attention to detail, and more collaboration, resulting in higher engagement, increased productivity, and better key staff retention.

In fact, Georgetown University and Stanford, among others, now offer courses and degrees in mindfulness.



## **Integrate into your organization's culture**

*Sessions are held on-site at times convenient for employees' daily work schedules – before regular office hours, during lunchtime, or at the end of the day. The best class location is a conference room with participants sitting in chairs or on the floor.*

## **Seasoned Instructors**

*Either Laura or a member of her practitioner team will be matched with your company program profile. Our approach is non-religious and has been tested for over 25 years in a wide range of business settings.*



Laura Hansen, President/ Founder, GoldVision, LLC. 29 years of practicing and teaching meditation to business owners, professionals and individuals. She blends this practice with her experience starting and building businesses and helping other companies be great places to work. Award-winning product designer, owner five patents, best-selling author, five advanced mindfulness training certifications, recipient of the Outstanding Woman Leader Luminary Award for inspiring leadership in the community.

## **Program kickoff event**

Orientation and meet and greet mixer to introduce the method and learn about your team members/staff desired outcomes. When does this happen-just before class or is it a separate event? Unclear to me.

**Cost:** \$100 per 30-min session. Up to 100 employees per session. Program includes:

- Live, on-site instructor
- Weekly downloadable audio meditations
- Customized inspiration content with our partner Kamere.com
- Anonymous online survey at start of program and every six weeks. Monthly check-in call with HR/CEO on results.

