

# Mindfulness Training @ Work

**Companies such as Intel, Google, General Mills, Ford and LinkedIn have found the value in offering classes on mindfulness to their employees.**

Not only does productivity and creativity go up, costs go down. In 2012, Aetna saw a 7.3 percent reduction in medical claims, which translated to \$9 million in savings. The company also saw an additional 62 minutes of productivity per week for each worker valued at \$3,000 per worker annually.

Give your staff the fundamental skills to help them deal with stressful situations that improves their well-being.



## **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.

## **Program kickoff event**

Orientation and meet and greet mixer to introduce the method and learn about your team members/staff desired outcomes. Scheduled a week or two before the program begins.

**Details:** Ten-week program customized to your organization's needs. Program includes:

- Live, on-site instructor(s)
- Weekly downloadable audio meditations
- Anonymous online survey at start of program and every six weeks. Monthly check-in call with HR/CEO on results.



Laura Hansen, President/ Founder, GoldVision, LLC. 29 years of offering mindfulness training 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.

