

THE MINDFUL CULTURE™

Meditation shouldn't be filed as 'soft skills'. It drives organizational health and success.

As a leader, you've noticed the flood of articles exalting mindfulness meditation in the workplace. Consistent practice is proven to reduce overwhelm and stress. It also boosts focus and a sense of purpose, and could reduce the need for health care services by as much as 43%.

Despite all the neuroscience and press, many of us who don't meditate consistently can struggle with a lack of transparency, finding meaning in our work, feelings of overwhelm, and inconsistent engagement. On a culture level this manifests as a glorification of busy-ness, less innovation, and teams more focused on survival than thriving.

3 Ways to Create The Mindful Culture

1

First, we focus on creating a meditation practice for managers and leaders. Kicking-off with an inspired half-day session, The Mindful Culture™ includes three levels of support to not only help leaders solidify their own practice, but to inspire their teams to commit to a 30-day challenge.

We start by helping managers and leaders uncover any doubts that a mindful culture drives team performance. We discuss the latest research, and the impact of mindfulness in the workplace. With this clarity, we help leaders claim time from distracting activities, and commit to practicing.

2

Second, we focus on a range of practical tools to increase focus, and minimize distraction, including:

- ❑ **The 10-Minute Reboot** for leaders; a proven meditation regimen that can be used anywhere.
- ❑ **The 30-Day Meditation Challenge** - A fun, yet deceptively powerful system for engaging your team that carries over from solo practice at home to more meaningful interactions in the office.

3

Finally, we follow-up with a 90-day support process. This helps integrate new practices, skills and behaviors and adapt them to their own style.

It includes:

- ❑ **Access to a comprehensive set of bite-sized training videos**, daily prompts, and guided meditations.
- ❑ **Tracking their daily sessions** in the Insight Timer app to establish a daily routine alongside their peers
- ❑ **An action plan and commitment** to practice for 90 days
- ❑ **Accountability forum** to keep everyone encouraged & engaged

LOGISTICS

- ✓ 90-day program that begins with a half-day session
- ✓ Available for up to 50 in-room participants
- ✓ Unlimited distributed teammates
- ✓ Appropriate for any level of management
- ✓ Delivered by Kristoffer Carter, Camelot Culture Group.
- ✓ A powerful foundation for Conscious Leadership, The Aligned Team™, and other leadership & manager development programs.



FEEDBACK

"KC's inspiration and rigorous curriculum are a 1-2 punch that creates lasting behavior change. He solidified a meditation habit for just about everyone in the program. It was unlike anything I had experienced around this topic."
Sheri Fella, Executive Director at Butler University Executive Education

CURIOUS?

Contact us now to book a complimentary strategy session to see how this program can help support your business objectives.

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