



Mindful Culture Creators



Humanizing Work to
Maximize Potential



It's time.





We teach employees **how to unwind their mind.**

So that

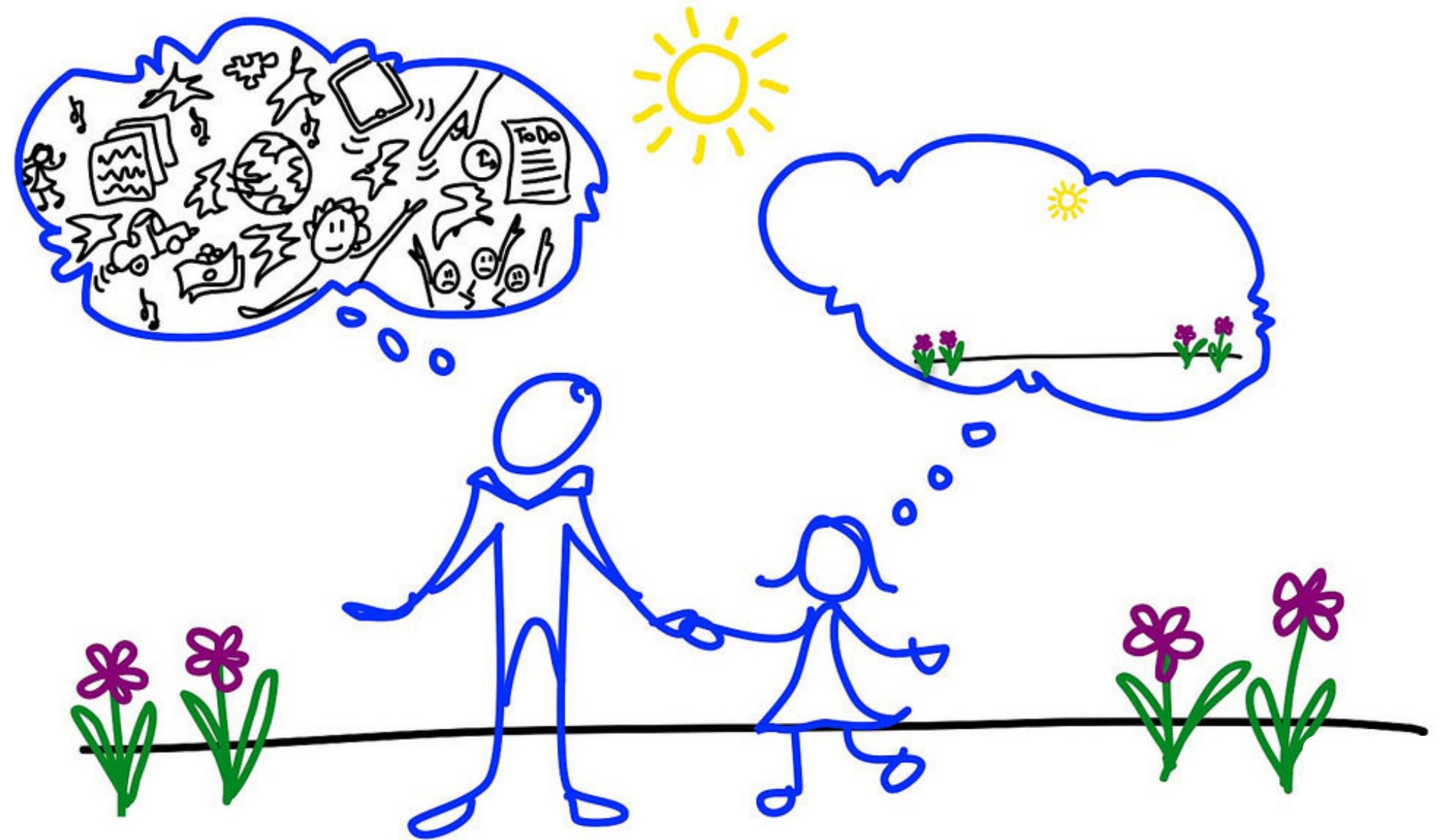
Learning solutions stick beyond the classroom.

It's time.

To help employees manage the risk of being a human so that:

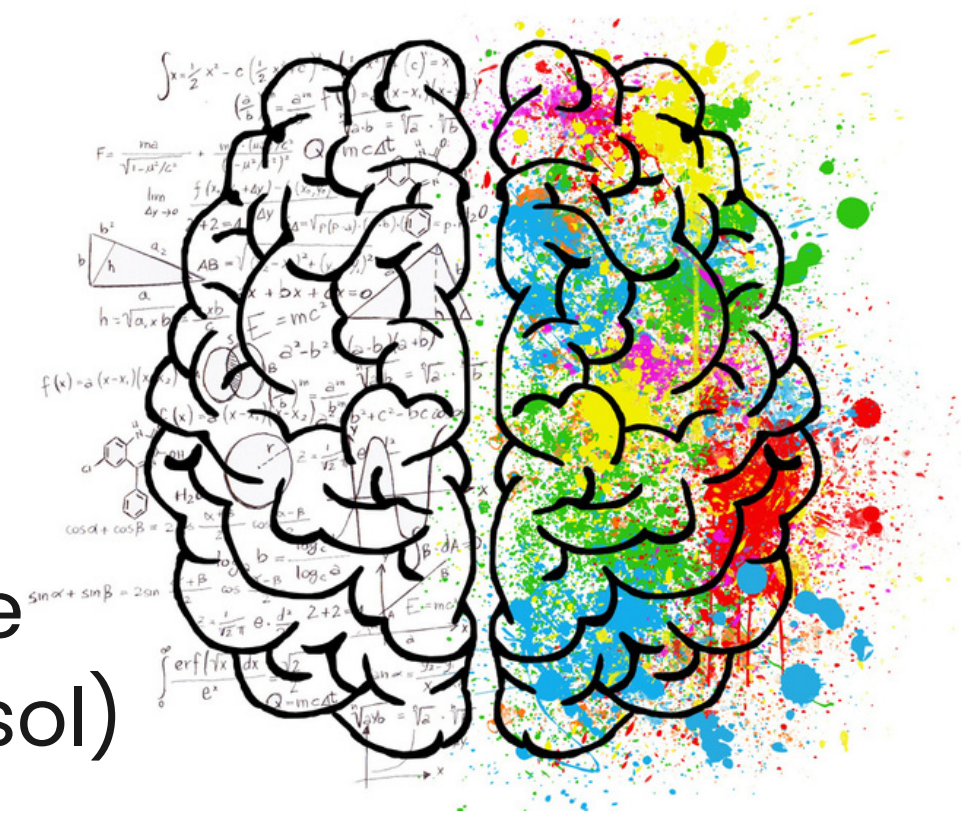
-  Inclusivity is the norm, not the goal
-  Adaptability is natural, not forced
-  Focus is common, not rare
-  Wellness is a lifestyle, not an activity

Mind Full, or Mindful?



According to THOUSANDS of studies, mindfulness & meditation contribute to improved:

- Compassion
- Productivity
- Creativity
- Empathy
- Self-Awareness
- Decision Making
- Focus
- Emotional Intelligence
- Stress (reduced cortisol)



Meditation

A practice (or exercise) of focusing the mind on a particular object to train **attention** and **awareness**

Mindfulness is the result

Mindfulness is paying attention, on purpose, with an attitude of nonjudgement. It represents the state of mind free from distraction.

How it works

Meditation changes the brain (**neuroplasticity**) particularly the parts and chemicals that control stress and the items listed above.

Example

Harvard study: 8 weeks of practice resulted in shrinking the amygdala (**fear and stress response**) and thickening the prefrontal cortex (**decision making.**)

Why does this matter?

Teaching employees how to self regulate stress with simple, demystified techniques creates the **mindset shifts** that lead to greater **compassion, critical thinking and decision making**

Case Study: Fortune 100 Bank

The Stillness Loop – A Global Mindfulness Program created in 2020

Success Factors:



Focus on connection and community

3x/ month dedicated, reoccurring programming format created a safe space for employees to learn, connect, and engage in a community. Extremely high engagement and repeat attendance (~100 participants on average for each session with over 5000 employees reached across the US, Philippines, and India).



Emphasis on storytelling and experiential learning

All sessions featured live meditation, vulnerable storytelling, and deep connection to organizational and departmental goals/ strategy (i.e., belonging, awareness of bias, bold thinking, innovation, etc.)



Unique Subject Matter Expertise

20+ years of corporate thought leadership, combined with mindfulness, emotional intelligence, public speaking, and facilitation training positions MCC to de-mystify concepts, create relatability, and generate repeat attendance with high engagement.

Certifications and Qualifications

- Institute for Organizational Mindfulness Board Member
- MBSR (Mindfulness Based Stress Reduction) Certification via Mindful Leader
- 20+ years experience in strategic thought leadership
- Critical Thinking University Certification
- Coaching in the Moment Certification
- Understanding Unconscious Bias Trainer Certification
- West Point Leadership Development Graduate
- Experienced Workshop Facilitator
- Experienced Guided Meditation Facilitator

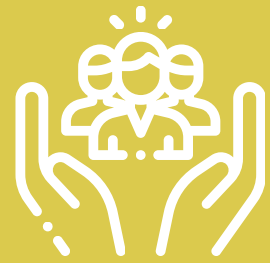


Critical Thinking University



Case Study: Fortune 100 Bank

The Highlights



~500 Active Members
(~30% Call Center)



3x Monthly Programming



~100 attendees per session



10x Growth since 4Q2020



5000+ Employees Reached



85% Net Promoter Score

Our Approach



- Whole Human



- Too Small To Fail



- Authentic Role Models



- Habit-Stacking

Over 95% of Stillness Loop Participants Report:

- A reduction in feelings of workplace burnout
- Improved focus and attention to detail
- A greater sense of connection within their organization
- Improved creative and innovative thinking capabilities
- Significant improvements to confidence and courage
- Improved self-awareness

Fortune 100 Bank Case Study: Transformational Testimonials

AVP, Client Development Manager

Shawnta, That was one of the best sessions I've attended, thank you! And I'm trying to figure out how to get the guided meditation recorded to use going forward because that was powerful!

AVP Audit

I wanted to personally thank you for the session you hosted for our team today. I turned 30 last year, and was recently diagnosed w/ MS. It has been a slope to navigate, to say the least. Your words provided the inspiration to understand that my bad days are simply moments that will pass, and I felt very encouraged leaving your session. Thank you!

Sr Specialist

I am new to the group, within the past quarter, I make a concerted effort to attend each session because I leave feeling better about myself, my family, my colleagues and life in general. I love that there are no egos here. No 'other agendas'. Just friends supporting each other through this time of separateness. Namaste.

IT Manager

I've attended 2 of your workshops discussing mindfulness and I have found them to be SO impactful! Your sessions have really helped me develop improve my focus and ability to just enjoy the moment. Thank you for sharing this life changing information with our organization!

Customer Experience Manager

Thank you all for adding this amazing value to our workspace. This is so needed and powerful. I am so grateful for this experience.

AVP, Specialty Markets

I love the interaction we have in our chats, they make me feel less alone. These conversations teach me how to relearn & live in the present.



Mindful Culture Creators™ 2023 Programming Guide

Introduction



Stillness @Work

This workshop introduces the relevance of mindfulness and meditation in the workplace with the **Honor the Pause™ Framework**. We use storytelling, data, and experiential learning to demystify mindfulness in all areas of life.

Target Audience:

All Employees

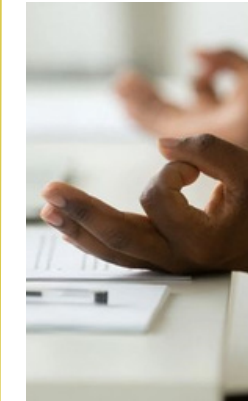


Work @Home Mindfully

For many remote employees, “working from home” creates stress, anxiety, and burnout. During this workshop, we introduce mindful WFH habits and techniques that reduce anxiety, while simultaneously improving productivity and focus.

Target Audience:

Remote and Hybrid Employees



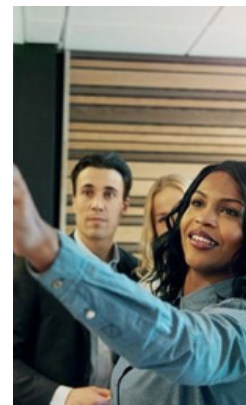
Mindful Leadership Live Podcast

Many leaders want to develop mindful leadership capabilities but have no clue where to start. This live, podcast style discussion provides a fun, interactive experience for employees to ask the questions that really matter to them about mindfulness, meditation, and leadership.

Target Audience:

All Employees, Thought Leaders, People Leaders

Innovation



The Mindful Visionary

Goal setting and strategy development require vision. During this powerful workshop, we introduce **The Visualization Equation™** and explain the importance of meditation as a tool to achieve your personal, professional, and organizational goals.

Target Audience:

All employees, Thought Leaders, Creatives



Flow States for Creativity

“Flow State” is a very powerful state of mind where you are extremely productive and feel great! This workshop introduces 10 practical flow state triggers and provides tips for developing mindful work habits that get and keep you in the zone!

Target Audience:

All employees, Thought Leaders, Creatives



Mindful Music

This workshop introduces the connection between mindfulness, meditation, sound, and music. Using storytelling, data, and experiential learning, we provide a fun and relatable experience that helps employees understand how to use the music they love as their meditation focus.

Target Audience:

All employees, Thought Leaders, Creatives

Inclusion



The Mindful Impostor

The financial loss associated with feeling like an “impostor” is estimated to be \$35k/ year. During this workshop, we discuss the fear-based thought patterns that lead to “impostor syndrome”. We introduce the powerful **Catch Convert Create™** mindfulness technique, a tool designed to shorten the frequency and duration of negative self-talk.

Target Audience:

All Employees, Employee Resource Groups, Diverse Communities, HR/ DE&I Teams



The Mindful Human

Diverse communities need safe spaces to learn the mindful solutions applicable to their unique human experience. During this workshop, we dive deep into the tough topics that matter to diverse communities – from understanding how to handle microaggressions with awareness, to embracing authenticity as a member of the LGBTQ community.

Target Audience:

All Employees, Employee Resource Groups, Diverse Communities, HR/ DE&I Teams



Mindfulness and Racial Trauma

Talking about race is not easy. During this workshop, we confront the fear-based mindsets that limit impactful dialogue about race and trauma. We introduce meditation techniques that generate greater compassion, empathy, and vulnerability.

Target Audience:

All Employees, Employee Resource Groups, Diverse Communities, HR/ DE&I Teams

Connect With Us



Mindful Culture Creators

Demystifying Mindfulness to Unlock Innovative Potential

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Interested in learning more about meditation and mindfulness in the workplace? Join the FREE Mindful Mirror Community!

Click to join

