



# 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

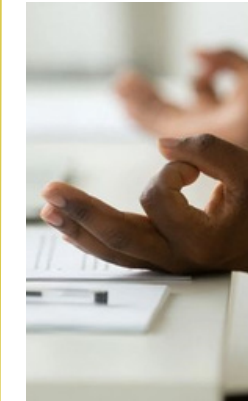


### Work @Home Mindfully

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



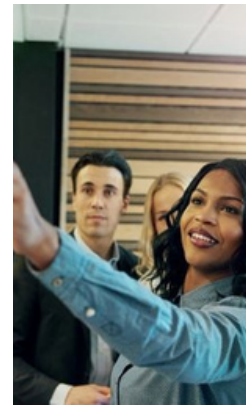
### Mindful Leadership Live Podcast

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