



# Workplace Wellshops Leader & Team Retreats



## Our Approach to Workplace Wellness

At The NM Collective, we partner with mission-driven organizations and leaders to build resilient, values-aligned cultures that thrive from the inside out. Our work is grounded in the belief that sustainable change begins with inner transformation and radiates outward. Therefore we center the wellbeing of individuals in order to elevate the impact of their organizations.

### Program Outcomes

- Increased employee satisfaction and morale
- Improved job performance and productivity
- Reduced absenteeism and turnover
- A more positive and supportive work culture
- Enhanced employee well-being and resilience

## Why Mindfulness At Work?

**Reduced Stress:** Mindfulness techniques can help manage stress and anxiety, leading to increased job satisfaction and overall well-being.

**Improved Focus:** Regular meditation practice can enhance concentration and attention span, leading to increased productivity and reduced errors.

**Strengthened Relationships:** Mindfulness can improve emotional intelligence and empathy, leading to stronger interpersonal relationships and a more positive work culture.

**Enhanced Creativity:** Mindfulness can foster a state of openness and awareness, stimulating creativity and problem-solving abilities.

# Centering Wellbeing. Elevating Impact.

**Introductory Wellshop:** A comprehensive workshop to introduce participants to the concepts of mindfulness and meditation, including the benefits, techniques, and practical applications.

**Leader and Team Retreats:** We help you dive deep into the root causes of stress, disconnection, and burnout that may be shaping your organizational culture. Through our culturally responsive, mindfulness-based interventions, we uncover how these challenges—when met with intention and care—can become powerful catalysts for healing, resilience, and organizational transformation.

**Mindfulness Based Stress Reduction:** Weekly guided meditation and mindfulness sessions led by a certified mindfulness instructor for MBSR with C-Suite experience to provide participants with a supportive and structured environment to practice mindfulness within the realiteis of high-pressure work environments.

**Mindfulness Integration Workshops:** Workshops focused on integrating mindfulness practices into daily work routines and challenges. Participants are also welcome to participate in a large group 8-week Minfulness Based Stress Reduction (**MBSR**) course outside of work hours to further support their practice.



If you think mindfulness does not work, try us out for free!

Schedule a Free Consultation at

[www.noblemaat.com](http://www.noblemaat.com)

or email [ceo@noblemaat.com](mailto:ceo@noblemaat.com) for more info



The NM Collective