

Awake at Work

Mindfulness Based
Stress Reduction

An 8-week stress reduction program custom designed to meet the needs of your organization.

MBSR: Mindfulness Based Stress Reduction

MBSR is a highly effective 8-week program that was developed by Jon Kabat-Zinn [*Full Catastrophe Living, Coming to Our Senses*]. This program has been taught world wide in corporations, hospitals, correctional facilities and health centers. It is transformative as it teaches you how to go beyond your cognitive mind and reactive behavior to discover new ways to be with life's inevitable challenges. This knowledge is particularly useful in times of change and uncertainty, be that on a global, national, corporate or personal level. Mindfulness is a key component of the program.

What is Mindfulness?

Mindfulness is the practice of bringing your awareness to your experience in the present moment without judgment. In cultivating this practice you get in touch with your innate wisdom and insight. Thus you develop the capacity to resolve the difficulties that you face with new skills and from a fresh vantage point.

How will your company benefit?

The MBSR program is beneficial to both employer and employees as it creates:

- A workforce that is innovate and responsive to everchanging market trends
- Improved communication – self awareness leads to ease of expression, enhanced listening skills and greater understanding of both self and others
- An environment where people can focus on stated goals, discern priorities and align with the direction and mission of your corporation
- More effective health care benefits, focused on creating corporate wellness

How will your employees benefit?

On completion of the program your employees will:

- Respond to stressful situations rather than react to them
- Develop a deeper sense of integrity, applicable to their careers
- Experience the power of commitment, discipline and intention
- Apply their newly acquired knowledge to create work-life balance

Why is MBSR needed in the workplace?

- Your employee's stress and anxiety levels affect your bottom line.
- Workplace stress costs the nation more than \$300 billion each year
- White collar workers are more affected, with internet, cell phones and Blackberries they are always "on". Weekends become workdays
- Downsizing, rapid business expansion and outsourcing trends and our current state of economic uncertainty are associated with poorer health.

Testimonial

"I'm now able to confront workplace challenges with far greater insight. I bring a more objective perspective to the issues I face and attribute this to no longer being habitually drawn into counterproductive streams of emotion and thought. As a result, the people and problems I encounter are now addressed with a deeper wisdom and understanding."

*– Paul Vienneau,
CTO/VP Engineering, Healthcare IT*