

Business Mindfulness & meditation



The context

- Globally, 55%-68% of employees experience **quiet quitting and demotivation** (mainly due to a lack of leadership rather than salary), and 67% experience emotional exhaustion leading to burnout.*
- **Anxiety** and **depression** levels increased by up to 25% worldwide after the COVID-19 pandemic.**

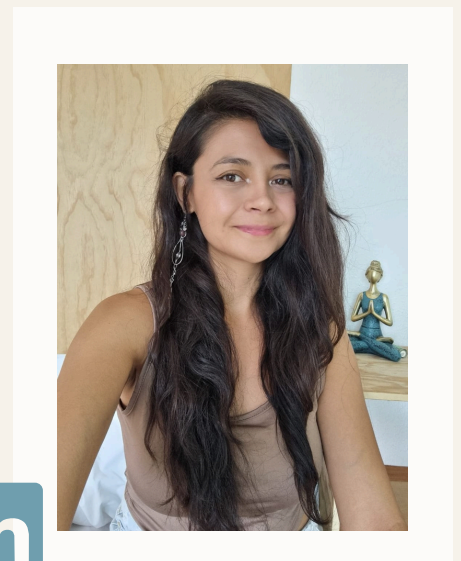
Our Meditations

- We elevate employees' awareness through weekly meditations focusing on **mindfulness, self-awareness, personal development, positive psychology, and conscious leadership.**
- We use **sono-healing music** with alpha waves that synchronize brain frequency.

About the Instructor

Gabi Tristan

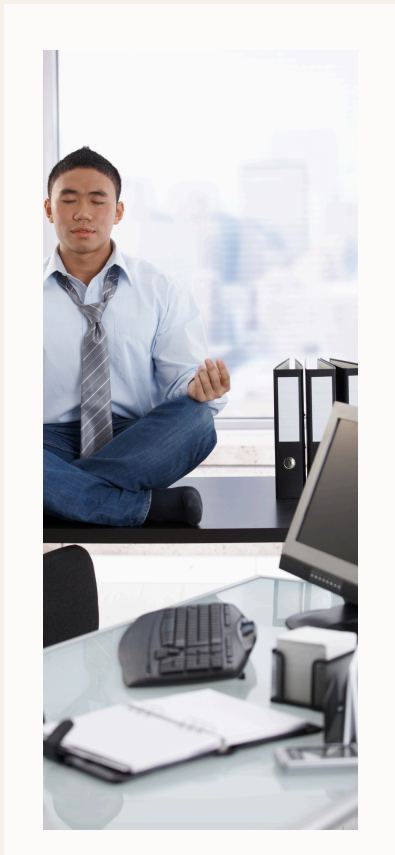
- Engineer with a MSc in Project Management.
- Internal auditor ISO 9000, 14000, and 45000.
- 10 years of experience in the engineering sector.
- Facilitator of Mindfulness and immersive guided meditation sessions in the corporate sector.



*State of the Global Workplace 2023 Report published by Gallup consulting firm. BUK. May 2023. Sample of 1600 individuals in Mexico, Chile, Colombia, and Peru.

** World Health Organization, who.int .

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Weekly Themes

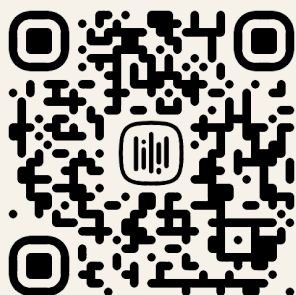
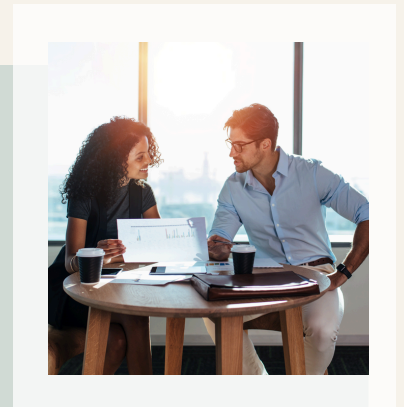
1. Mindfulness for self-awareness.
2. Emotional Intelligence.
3. Conscious Leadership.
4. Assertive Communication.
5. Mastering your work ego.
6. Visualizations: enhance your creativity.

Delivery

- Affordable Monthly fees.
- 1 weekly session of 1 hr.
- Spanish and English.
- Flexible schedules.
- English & Spanish.
- Sessions: 30 min theory and 30 min meditation.
- We use alpha waves sonotherapy.
- 100 attendees per session.

The Results

- Reduction of stress, anxiety, depression, and burnout, and in the long term, silent quitting.
- Increase in productivity, emotional well-being, and assertive communication within the team.



**SCHEDULE YOUR FREE
TRIAL SESSION NOW!**

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DURATION: 1 HR
TOPIC: INTRODUCTION TO
BUSINESS MINDFULNESS



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