

Mindfulness in the workplace

Practical strategies for healthier and more productive employees

Program Overview:

In today's work environments, stress is no longer the exception, it's the norm.

Nearly 83% of professionals say that stress directly impacts their productivity. For some, it's the constant ping of messages in a hybrid team. For others, it's the weight of leadership expectations or the fatigue of blurred work-life boundaries.

But what if the answer isn't to do more, but to be more present?

That's where Mindfulness in the workplace comes in - a transformative experience designed not just to reduce stress, but to build lasting mental fitness. This isn't just about meditation on a mat. It's about effective tools to help professionals show up with focus, clarity, and resilience - right where it matters most: at work.

This program is built for modern professionals at every level, especially leaders and managers navigating high-stakes decisions, employees struggling with workload fatigue or role confusion, hybrid teams where digital noise often drowns real connection.

This program is built for Individuals seeking better boundaries and energy throughout their day, teams that want to communicate with empathy and reduce friction, organizations looking to build a culture of clarity, wellness, and focus.

What is mindfulness?



"MINDFULNESS IS THE AWARENESS THAT ARISES THROUGH PAYING ATTENTION, ON PURPOSE, IN THE PRESENT MOMENT, NON-JUDGMENTALLY." – JON KABAT-ZINN



IT INVOLVES BEING FULLY PRESENT AND ENGAGED WITH THE CURRENT EXPERIENCE.



MINDFULNESS ENHANCES FOCUS, EMOTIONAL REGULATION, AND STRESS RESILIENCE.

The journey: Four modules

This program has 4 main modules. Each module gives the participants tangible, take-home tools: printable trackers, guided audios, team-ready templates, designed for daily use after the training ends.

Module 1: Presence over pressure

Learn to pause before reacting. Build quick, in-the-moment practices like 2-minute resets and anchoring rituals to avoid burnout and stay focused -even when the heat is on.

Module 2: From burnout to boundaries

Decode your personal stress patterns and develop new, energy-saving habits. You'll craft your own stress map and try the mindful sprint method to keep overwhelm at bay.

Module 3: Mindful Conflict & Communication

Difficult conversations don't have to drain you. With the mind lens profile, roleplays, and active listening tools, you'll learn how to approach conflict with clarity and empathy.

Module 4: Flow, Focus & Purpose

It's not about doing more, it's about doing what matters. Discover the focus funnel and set SMART goals that align with your deeper intentions, not just your deadlines.

Additional (bonus) modules:

Leadership Lab:

Tools for mindful leadership and team cohesion. You apply mindfulness to team meetings. Using the mindful management checklist, you foster psychological safety and reduce team stress.

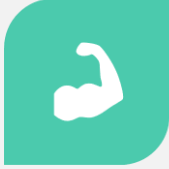
Gratitude Lab:

Turn appreciation into a powerful performance driver. You keep a daily gratitude tracker on your desk. Just three moments of appreciation shift your mindset - and your team notices.

Proposal of exercises during the training:

- Mindful breathing with palms
- Tree of expectations
- Vision board exercise
- Stress map, reframing practice
- State of anchoring in mindfulness
- Chocolate meditation
- Meta model practice, 1-2-3 positions
- Mindful sprint
- Perceptual positions
- Future pacing
- Funnel exercise
- Swish pattern habit
- SMART Goals, Funnel Exercise
- Celebration: 5 Years From Now Reflection

The outcomes that the clients can expect:



STRESS REDUCTION: KABAT-ZINN'S MBSR PROGRAMS REDUCE STRESS AND IMPROVE MOOD.



NEUROPLASTICITY: REGULAR MINDFULNESS RESHAPES THE BRAIN FOR BETTER FOCUS AND EMOTIONAL REGULATION.



EMOTIONAL INTELLIGENCE: ENHANCES EMPATHY AND SELF-AWARENESS.



IMPROVED PRODUCTIVITY AND COMMUNICATION.

Certification:

Mandatory attendance at all modules

What is included in the program?

4 Interactive Workshops or 2 day intensive

Access to audio/video guided tools

Printable planners, templates, and habit trackers

WhatsApp group for peer coaching

Certificate: Mindfulness workplace practitioner

Chair yoga & breathing series + 7 Day flow challenge

Let's connect!



Tailored for individuals or entire teams.



Custom packages available for corporate rollouts.



Book your program today



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