

MINDFULNESS BASED WELLNESS PROGRAM FOR CORPORATES



BROUGHT TO YOU BY
INNER SPACE COUNSELING



Space

Counseling and Assessment

WWW.INNERSPACETHERAPY.IN

OUR CLIENTS

- Tata Power
- Motilal Oswal
- Cipla
- Mercedes
- Mahindra Logistics
- Reliance
- IDBI Bank
- IIHMR University
- Endurance
- Antarang
- ABP Network
- Microsoft
- Cactus
- Thailand - New Life Foundation
- Great Ship Global
- Kranti
- Asian Paints
- HPCL
- Group M
- Apni Shala
- SNTD University

TRAININGS CONDUCTED BY US



group^m



ABP Network



Mercedes-Benz



Microsoft



Oberoi
HOTELS & RESORTS



asianpaints

- Mindfulness Based 8- Week Emotional Resilience Program
- Developing a Champion Team for facilitating Emotionally Safe Conversations in the company
- Self-Awareness through Mindfulness: Program for Senior Leadership
- Introduction to Mindfulness for Senior Leaders
- Mindfulness Retreat for Hyderabad Department Heads
- Train the trainer program for trainers of all Oberoi Hotels across India
- Multiple short training sessions for the refinery unit of HPCL Mumbai
- Short Mindfulness Programs for Women

WHAT IS MINDFULNESS ?

- A practice of **staying in the present.**
- A way to cultivate **self awareness and compassion.**
- Developed using **meditation** as a core practice.
- Based on solid **neuroscientific research.**
- An ancient Asian wisdom rooted in **Buddhist and Zen Philosophy.**
- Popularized in the West by **Jon Kabat-Zinn - mindfulness-based stress reduction (MBSR)** program.



According to Neuroscientific research **8 weeks of mindfulness, 20 minutes a day** has proven to positively change the structure and function of the brain.

RESEARCH ON BENEFITS AT WORKPLACE

CREATES
COLLABORATIVE
CULTURE

IMPROVES
ORGANIZATION
PRODUCTIVITY

FACILITATES
SELF
ENHANCEMENT

- Improves **emotional intelligence**
 - Facilitates transition from an adversarial to a **collaborative mindset**
 - Enhances employee/employer and client relationships
 - Reduces conflict** in the workplace
 - Leads to a **positive change** in company culture
-
- Reduces absenteeism**
 - Improves** employer and employees' **productivity**
 - Helps in better **strategic planning and decision making.**
 - Positively relates to overall **employee performance**
-
- Increases creativity**
 - Heightens **self-awareness**
 - Decreases stress** and stress related illness
 - Enhances **value focus**
 - Improves **problem solving, thinking and decision making ability**

OUR TRAINING METHOD

- Training consists of a **combination of best practices and concepts** from the fields of psychotherapy, mindfulness and Indian philosophy.
- It is **customized to your organization's needs** in terms of depth, time, duration and group type and size.
- It is **conducted online, in office premises and at outside locations** in the form of retreats or intensives.
- The practical training is **supplemented by mindfulness tools** provided post training that ensure long term benefits.

OUR MINDFULNESS TRAINING TOOLS

- WEBINARS/IN-PERSON SESSIONS
- LIVE GUIDED MEDITATION
- PRE RECORDED VIDEOS
- GUIDED AUDIO MEDITATIONS
- READING MATERIAL-FREE EBOOK, OTHER RESOURCES
- SPACE FOR Q AND A



CORE PROGRAMS OFFERED

PROGRAM 1: INTRODUCTION TO MINDFULNESS, WELLNESS AND EMOTIONAL RESILIENCE

PROGRAM 2: SELF- AWARENESS THROUGH MINDFULNESS FOR LEADERSHIP.

PROGRAM 3: EMOTIONAL RESILIENCE THROUGH MINDFULNESS- 3 WEEK PROGRAM

PROGRAM 4: EIGHT-WEEK MINDFUL WELLNESS PROGRAM WITH LIVE WEBINARS- 20 PARTICIPANTS PER GROUP

PROGRAM 5: EIGHT-WEEK SELF-PRACTICE MINDFUL WELLNESS PROGRAM (PRE-RECORDED ONLINE PROGRAM)

PROGRAM 6: TRAIN THE TRAINER: AN IMMERSIVE PROGRAM FOR TRAINERS TO BRING WELLNESS AND MINDFULNESS TO THE ORGANIZATION

PROGRAM 1

Introduction to Mindfulness, Wellness and Emotional Resilience



1 TO 2 SESSIONS-DELIVERED FOR THE ENTIRE BUSINESS/TEAM

- Introduction of fundamental concepts of mindfulness, emotional resilience and Wellness.
- Developing awareness towards thoughts and feelings and practicing non-judgment and compassion
- Practices to stay aware and present during difficult situations

PROGRAM 2

Self-Awareness and Mindfulness for Leadership

A mindful and emotionally intelligent leadership sets a similar value structure for the entire organization.



- **MODULES FOCUS ON DEVELOPING 3 RESEARCH BASED META CAPACITIES CORE TO SUCCESSFUL LEADERSHIP, NAMELY :**

1. **META-COGNITION**
2. **ALLOWING**
3. **CURIOSITY**

- **EXAMPLES OF LEADERSHIP MODULES:**

1. Leading from the Inside Out
2. Emotionally Intelligent Leaders
3. Compassionate Leadership
4. The Self and The Other: Deeper Enquiry into Self

All modules are a combination of concepts, in session practice, post session regular practice and application to active work and leadership situations.

PROGRAM 3

Emotional Resilience through Mindfulness- 3 week program



3 WEBINARS OF 1 HOUR AND 30 MINUTES EACH SPREAD OVER A 3 WEEK PERIOD.

- Each webinar focuses on topics like emotional resilience, personal wellness, mental health and mindfulness at its core.
- Different guided meditation practices will be delivered following every webinar
- Reading material and mindfulness practices will be sent to participants via Email as support material on a weekly basis
- Longer guided meditations will be made accessible online for participants to aid deepen their practice
- Participants will be provided with an Email id to direct their questions.

PROGRAM 4

8 Week Mindful Wellness Program (Group of 20-25 Participants, With Live Facilitation)

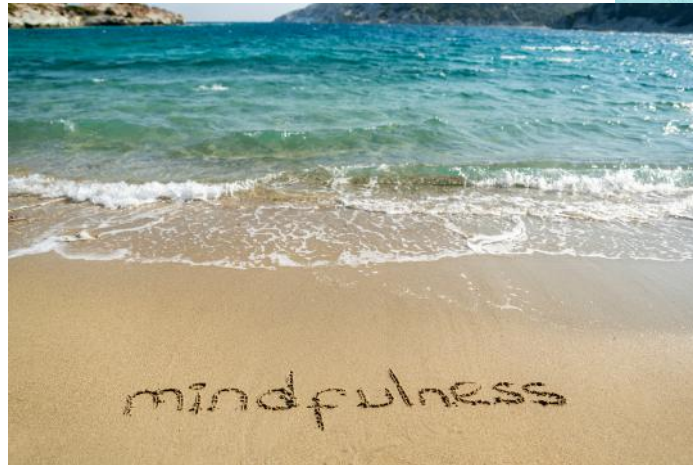


THE PROGRAM INCLUDES:

- **WEEKLY PRE-RECORDED VIDEOS, GUIDED MEDITATIONS AND SUPPORT CONTENT.**
- **WEEKLY LIVE WEBINAR, DELIVERED BY A SENIOR MINDFULNESS TRAINER**
- Participants will be divided into batches of 20 to 25 for individualized attention. This also fosters a safe space for team building.
- This is a practice intensive, habit forming, perspective altering program for individuals interested in real change.
- Program highlights include an opportunity to share personal journeys with the trainer and group, ask questions in real time and application of practice to specific personal difficulties.

PROGRAM 5

8 Week Mindful Wellness Program (Without Live Facilitation, Minimum 100 Participants)



THIS IS A COMPLETELY AUTOMATED COURSE WITH PRE-RECORDED SESSIONS.

- Identical to the 8 Week Mindful Wellness course, this is without live facilitation and based on principles of self learning.
- Pre-recorded lectures, guided meditations and informal mindfulness practices will be delivered to the participants weekly over a period of 8 weeks.
- Larger groups of people can go through this course simultaneously. Add on optional live webinars can be taken for the organization to help apply the learnings of the course to daily life.

PROGRAM 6

Train the Trainer: An immersive program for trainers to bring wellness and mindfulness to the organization



- A champion team will be trained to create sustained well-being in the organization (The team will be identified by the organization). The team will undergo several immersive modules of self-awareness and mindfulness training.
- Initial modules will focus on personal practice and change.
- Final modules will focus on bringing the learnings to the organization and co-creating possible organizational interventions to sustain the learning from the webinars.
- There will also be a module for mindful listening for the trainers that focuses on creating emotionally safe spaces in the organization where feelings can be shared freely and met without judgment.

PSYCHOLOGICAL ASSESSMENTS



OUR SUBJECTIVE WELL-BEING SCALE HELPS PEOPLE FIND OUT WHERE THEY RANK ON WELL-BEING AT PRESENT.

- Subjective well-being includes two main aspects: Perceived Distress and Coping Capacity.
- The results show an interaction of the two variables. E.g: High distress and low coping means intervention is strongly needed.
- The scale helps participants to become aware of their subjective levels of distress and coping and motivates them to participate in programs to precipitate positive change.

"If you just sit and observe, you will see how restless your mind is. If you try to calm it, it only makes it worse, but over time it does calm, and when it does, there's room to hear more subtle things - that's when your intuition starts to blossom and you start to see things more clearly and be in the present more. Your mind just slows down, and you see a tremendous expanse in the moment. You see so much more than you could see before. It's a discipline; you have to practice it."

STEVE JOBS



For any questions please feel free
to email us at
INFO@INNERSPACETHERAPY.IN

[**WWW.INNERSPACETHERAPY.IN**](http://WWW.INNERSPACETHERAPY.IN)