

Proposal for Mindfulness Training at the Work place

Thriving Life and Ph.D. student Maja Majdanac at Open Universiteit in Heerlen would hereby like to offer the world-renowned evidence based 8 weeks Mindfulness Based Stress Reduction (MBSR) course to larger groups in organisations at a significantly reduced price.

About the MBSR course:

The MBSR course is the best-known mindfulness programme today. It was founded by Dr. Jon Kabat-Zinn in 1979 in Massachusetts Medical Center, USA. The course follows a highly standardized format, making it ideal for studying. It is therefore a vastly researched and evidence-based intervention.

About mindfulness:

Mindfulness is the art of living consciously; It is about stepping out of autopilot and becoming aware; aware of how we have evolved and how our brains are wired genetically and aware how we through life have picked up habits and patterns of thinking and behaving. This awareness gives us the ability to consciously choose different ways of responding to life's challenges. Mindfulness has become one of the key skills for organisations in the 21st century. By teaching your employees mindfulness skills they will be able to cope better with stress, avoid or recover from burn-out, get the tools to perform, communicate, lead and collaborate more effectively and generally improve their resilience and well-being.

Benefits:

The last 10-15 years of research into the MBSR is strong in declaring the benefits of mindfulness, including:

- Improved well-being, less stress & anxiety and more resilience
- Better conflict resolution
- Stronger leadership skills
- Improved communication
- Increased focus and concentration
- Enhanced performance
- Help depression and prevent relapse

Structure:

The teaching happens in a group setting once a week for 2 hours over an 8-week period. This can happen either during or after work hours. During the sessions, participants learn about the principles of mindfulness, the research behind and a series of core practices which they are invited to practise at home on a daily between the sessions. Learning mindfulness is like learning any new skill, it takes time and effort, which is why the home practise is an important part of the course. Thriving Life will support the participants in creating new lasting habits and routines that will allow them to continue living mindful lives after the course has ended. The support includes an online private forum for each group.



The course also includes an offer to participate in a silent morning, where they get to practise the guided practices in silence for 4 hours. This usually takes place on a Saturday or Sunday morning towards the end of the course.

About the research:

Although there has already been compelling research done into the MBSR course, Mrs Majdanac specifically wishes to investigate:

- the effects of mindfulness on work productivity,
- stress reduction, and
- work-family balance.

The participating companies will be able to see the before- and after results for their company/specific groups or teams and compare them to other (anonymous) companies taking part in the research.

For the research to be scientifically valid, it must include data from 160 participants, hence this offer to larger groups at a reduced price.

For more information on the research, please see the Research Plan.

About Thriving Life

Thriving Life is a leading mindfulness provider based in the Netherlands. We offer customized mindfulness-based training programs with the intention to enhance individuals and organization's ability to thrive and perform. It is founded by Berit Lewis and Tuire Schoonen, who will be teaching the courses. Both are certified MBSR teachers and category 1 members of VMBN (Vereniging Mindfulness Based Trainers Nederland en Vlaanderen).

Price:

There are two options for payment. If the cost is covered by the company:

One group with up to 20 people: €5000 (excl. BTW)

Two groups with up to 20 people: €4000 per group (excl. BTW)

Please contact us for larger groups.

If the employee is paying for the course her/himself, and the company is providing the facilities, the price is:

€200 (incl. BTW) per person in group sizes of minimal 20 participants

(The normal price for one person in smaller groups is €425-475)

More information

Please go to our website: www.thrivinglife.eu to learn more about us and mindfulness.

Please contact us on phone 0654202862 to set up a meeting where we can discuss further.

Looking forward to hearing from you

Tuire Schoonen, Berit Lewis and Maja Majdanac

