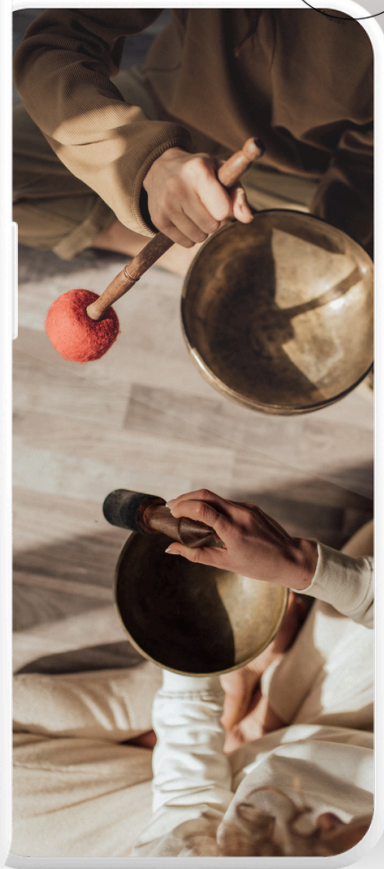




INCORPORATE MINDFULNESS
INTO YOUR CORPORATE

PROGRAM

Designed to help businesses cultivate focus, resilience,
performance and employee well-being.





Welcome!

In today's fast-paced and high-pressure business environment, organizations are increasingly recognizing the value of mindfulness as a powerful tool to enhance employee productivity and foster a positive workplace culture.

Our B2B Mindfulness Program is specifically designed for companies looking to invest in their teams by integrating practical, science-backed mindfulness techniques into the workplace to bring awareness and drive individual growth to boost overall company performance.



What it includes

01 Attention & focus

Learn tools to release tension, increase awareness, and bring clarity during the workday.

02 Breathwork

The same methods of regulation that is used by military Navy seals to certified therapists.

03 Problem-solving

Easy yet powerful mindfulness tricks to build resilience and bring flow into the workspace.

04 Coaching & exercises

We include practice while teaching and combine learning with cooperation on spot.



Mindful Day Program



SCHEDULE

Introduction to mindfulness program

Self-awareness & regulation

Powerful Attention techniques

Breathwork tools

Body-scan for concentration

Going from freeze to flow

Problem-solving mindset tips

Optimistic approach at the
office



Key elements



MEDITATION

We teach a meditation practice that is easy to learn and memorize, that can be used at any given moment that immediately helps us to ground, relax, release, and increase focus and concentration going back to productivity.



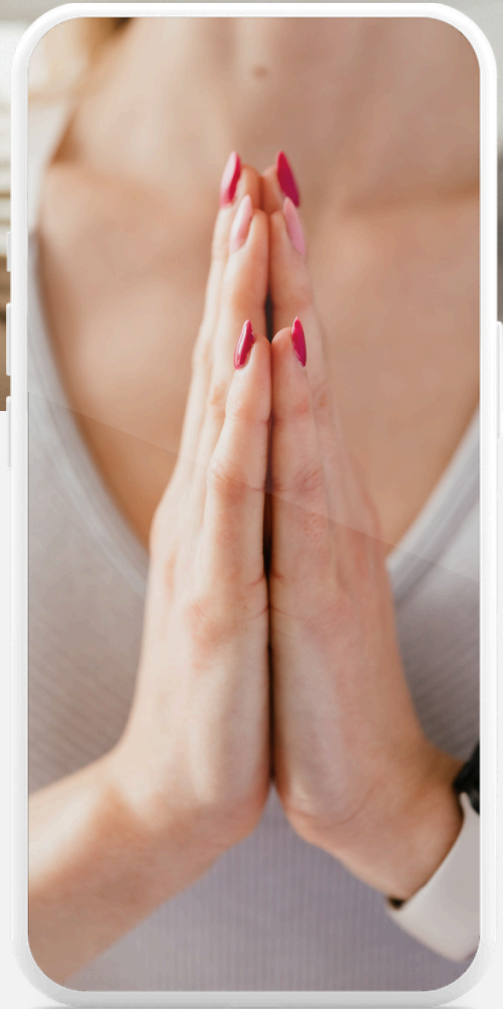
BREATHWORK

Breathwork is fundamental in regulating the connection between brain, heart, hormones and a powerful tool to gain clarity, increase our mental capacity, energize the body and the mind to make us feel in control of ourself.



MINDFULNESS

This coaching program involves learning mindset training methods created and proven by world-famous leaders in business following effective models such as Google engineers.



Thank you!

Here's our Thank you for considering our mindfulness program for your team. We're committed to supporting your company's well-being goals and are happy to ***tailor the program to suit your working day schedule.***

Please don't hesitate to reach out. We're here to collaborate with you.

Seedlings of Gaia



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Certified practitioners

