



# INCREASING ENGAGEMENT & PRODUCTIVITY

Organizational success requires trained staff who are productive and engaged. However, the success of training programs is based on the participant's own inner resources. That's why you need people who are healthy and happy, motivated and resilient, confident and team oriented.

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Would you like to help strengthen these personal resources, not just draw on them?

**Meditation and mindfulness are proven technologies that provide:**

- Greater productivity
- Improved decision making
- Reduced conflicts
- Increased engagement
- Improved health
- Improved emotional intelligence

The above is a partial list\* of the positive results of mindfulness/mediation. There is now almost 50 years of research by credible organizations such as Harvard, Mayo Clinic, etc., that clearly demonstrates a broad range of benefits.

**The following lists of some of the organizations\* that actively encourage mindfulness/meditation:**

- Aetna
- Goggle
- Deutsche Bank
- Intel
- Goldman Sachs
- Navy SEALS

The personal and organizational rewards can be enormous. For example, Aetna estimated their productivity gains at \$3,000 per employee as explained on the Aetna website (<https://news.aetna.com/2014/09/journey-personal-organizational-wellness/>).

The cost to promote mindfulness/meditation is minimal and the techniques are **easy to learn and apply**.

*\*Google "benefits of meditation" or "benefits of mindfulness", and "companies that promote employee meditation"*

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