

Mindfulness in the workplace: well-being and performance meet



Practical tools to reduce stress, improve concentration, and strengthen resilience in work teams.

Why mindfulness at work?

- ✓ Stress reduction
- ✓ Greater focus and productivity
- ✓ Better relationships and work environment
- ✓ Increased resilience during times of pressure
- ✓ Support for employees' mental well-being

What is offered

- Experiential workshops
- Tailored paths
- Continual training

Introduction to mindfulness and concrete tools to benefit from its advantages

Formats: online, in-person, hybrid

Duration: from single meetings (2-4h) to 6-8 week courses

Method: scientific approach, practical exercises, follow-up



Book a free introductory meeting
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