



## PROGRAM OVERVIEW

# The Corporate Meditator

Meditation that works on Tuesday at 3:47pm—between calls, under deadlines, with real stakes.

### Calm

Recover faster under pressure

### Clarity

Better decisions, less noise

### Creativity

More options when it matters

### What it is

A leadership-ready training that installs a practical meditation system into the moments that shape your day: back-to-back meetings, quarter-end pressure, big presentations, difficult 1:1s, and heated moments.

### Delivery format

- Onsite foundational workshop: one full day or two half-days (preferred for leadership offsites).
- Followed by a 6-month integration cadence to make the habit self-sustaining.

### What this is not

- Not therapy or medical care.
- Not religion or a belief system.
- Not a one-time inspirational workshop—this is designed to stick.

### Program components

**Module 1 — The Why**: Why does this matter to me?

**Module 2 — The How**: How do I train for it?

**Module 3 — Integration**: How do I make it work in my life?

### 6-month integration cadence

- Weeks 1–8: weekly 15-minute check-ins (online).
- Weeks 9–12: bi-weekly 15-minute check-ins (online).
- Months 3–6: monthly 15-minute check-ins (online).

Each check-in focuses on one system tweak: what worked, where it broke, and what to adjust for the next busy week.

### NEXT STEP

Schedule a 15-minute consult to identify fit and a pilot cohort.

**Scheduling link: add your SavvyCal URL**