

# Meet Mindfulness

Meet Mindfulness is a fun and interactive workshop introducing you to Mindfulness.

Do you want to learn more about mindfulness? Do you want to find out how mindfulness can help in your work and personal life? Do you want to learn some of the exercises? Then we recommend this introduction training of 2 hours. The trainer is an experienced mindfulness trainer.

## This is Meet Mindfulness

- group meetings of 2 hours
- practical approach with scientific basis
- combination of insights and different types of exercises

## This is what you will learn

- You will learn about mindfulness and its backgrounds in an interactive way
- You will get an idea about what mindfulness is and isn't
- You will gain insight into how mindfulness can support you in your work

## This is what you will achieve

You will have been introduced to mindfulness. You will have an idea about how mindfulness can help you personally and at work, so you can decide if you want to broaden your knowledge of mindfulness. For example with the help of Mindfulness Individual or Mindfulness Group.

individual - **group**

**1 : 1** - online

**educational** - preventive - curative

Matched Care category:



Number of hours:



Turnaround time in weeks:



## This is what makes Meet Mindfulness unique:

- available in Dutch and English
- clear introduction to mindfulness and scientifically researched effects
- first taste with short exercises
- reflect on if and how mindfulness would suit you within your own work context

# Shared Ambition offers solutions for three target groups

## @Work

For employees who are working and want to stay mentally healthy

## @Risk

For employees who are at risk of absenteeism

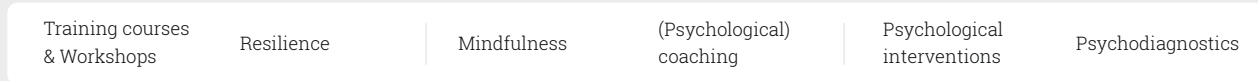
## @Home

For employees who are partly or fully absent

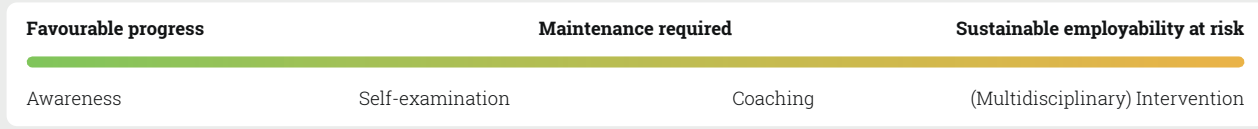
## Matched Care Concept



### Our solutions



### Job Vitality for sustainable employability



## Working together

Shared Ambition is an expert in work-related psychological health.

Do you want to learn more about Shared Ambition and/or our products and services? Please visit our site or contact us.

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