

Mindfulness Group

Mindfulness Group is an online mindfulness programme with group training, developed on a scientific basis and aimed at work.

Mindfulness Group is an 8-week e-training in mindfulness via the Internet, which you can take when it suits you. You will learn to make better choices when dealing with difficult circumstances, for example at your work. During group meetings, the way in which mindfulness works will be explained, you will do exercises and the uses of mindfulness at work and in your personal life will be addressed. A group consists of a maximum of 12 people. The trainer is an experienced mindfulness trainer.

This is Mindfulness Group

- 3 group meetings of 2 hours
- interactive exercises via an 8-week e-training programme
- sharing personal experiences / examples from practice and translating this to the work floor
- 10 minutes of training per day

This is what you will learn

- focus on the here and now with the aim to sharpen your focus
- make conscious choices / less on autopilot
- recognise your own judgement and park it
- translating the mentioned skills into everyday life and work
- energy management

This is what you will achieve

You will have developed skills which will help you improve your awareness and concentration.
You will think more about your own experiences and boundaries and make conscious choices in this.

individual - **group**
1:1 - online
educative - **preventive** - curative

Matched Care category:

@work @risk @home

Number of hours:

0 2 4 6 8 10 12 14

Turnaround time in weeks:

0 2 4 6 8 10 12

This is what makes Mindfulness Group unique:

- practice where and when you want
- work on your own points of attention and areas of application
- work-related component: in exercises and coaching
- all coaches are experienced Mindfulness trainers and trained at certified institutes
- share experiences and learn from each other
- for in-company groups: finding support in each other and an incentive when practising and applying

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

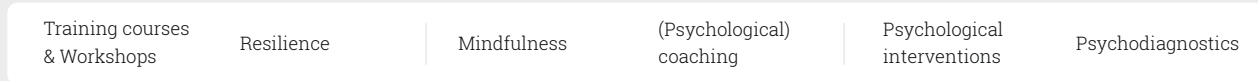
@Home

For employees who are partly or fully absent

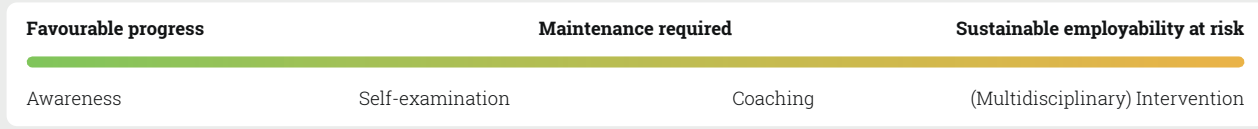
Matched Care Concept



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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