

Mindfulness Individual

Mindfulness Individual is an 8-week online mindfulness training programme with online coaching by an experienced mindfulness trainer. It is developed on a scientific basis and aimed at work.

Mindfulness Individual starts with a registration interview by phone to determine the goal you wish to achieve with mindfulness. This is followed by an 8-week mindfulness e-training. You do the training via the web browser. During the training you will be coached by a mindfulness coach via a secure online platform. You will learn to make better choices when dealing with difficult circumstances, for example at your work.

This is Mindfulness Individual

- registration interview of about 25 minutes
- doing exercises in an online environment
- exercises are preceded by a weekly introduction and standard exercise
- e-coaching by an experienced mindfulness trainer

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 put it on hold
- 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**

educational - **preventive** - curative

Matched Care category:



Number of hours:



Turnaround time in weeks:



This is what makes Mindfulness Individual unique:

- do the 8-week online mindfulness programme at your own pace and when it suits you
- only 10 minutes per day
- aimed at work
- registration per telephone: what do you want to achieve with mindfulness?
- 90 minutes online support from experienced mindfulness trainer

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

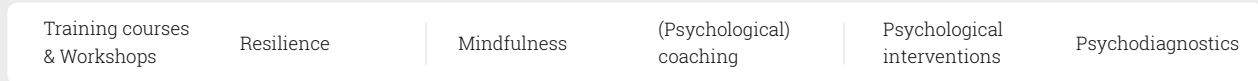
@Home

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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