

# Corporate Wellbeing



A bespoke wellbeing offer to give your business a healthier, happier and more productive workforce

**76%**

fewer sick days in employees who engage in mindfulness meditation

**62**

minutes gained in productivity per week from employees who engaged in mindfulness

**12%**

more productivity from employees that are happy vs unhappy

**£2,366**

the estimated gains per employee of productivity gains due to mindfulness meditation practices

**2 in 5**

businesses have seen an increase in mental-health related sickness since the pandemic




**60%**

of businesses are worried about the impact of the cost of living crisis on their employees wellbeing

## Time to elevate your employee wellbeing offer?

Wellbeing offers are no longer a perk, they are a must-have. Improving employee mental wellbeing is vital in creating stronger teams, cultivating a supportive culture and improving business performance and outcomes as a result.

Choose to give your employees engaging, effective events that are tailored to your business needs, and that will:

-  Promote a happy, healthy work environment
-  Demonstrate the compassion of the organisation towards its valued employees
-  Deliver proven benefits to productivity, sickness absence, and job satisfaction

### Why mindworks?

The mindworks approach offers an accessible, secular approach to meditation

All events designed to maximise employee engagement

Events that will help to restore balance to the nervous system, build self-confidence and restore a feeling of ease, energy and competence

Rooted in traditional practices but delivered in a modern way

All meditations and course content fully grounded in scientific research

Start your journey to happier, healthier. more productive employees today, email [hello@mindworksmeditation.co.uk](mailto:hello@mindworksmeditation.co.uk)

## So how can we work together?



### Beginner's course

5x1hour sessions - a great way to introduce the practice and its benefits, no matter your experience  
Lifetime access to recordings.  
*Starting from £500*



### Workshops

1-3 hour events with a menu of possible topics to suit your business (please enquire for menu) or bespoke to your business  
In person or online  
*Starting from £250*



### Wellbeing days

Full or half day retreats on-site, off-site or online.  
Can include meditations, breathwork, workshops and yoga to suit your needs.  
*Starting from £600 (half day) or £800 (full day)*



### Regular classes

The chance for your employees to develop a regular practice and enjoy the associated benefits.  
*Starting from £100 p/week according to group size*



### One-to-one's

Perfect for those needing a little more support. Includes pre-call to assess individual needs and wellbeing goals, and follow-up recordings.  
*1 hour @ £50, 4 session bundle @£180*

## Meet Lauren



- ✓ Fully certified and externally accredited with the British School of Meditation
- ✓ 11 years of personal practice across multiple disciplines
- ✓ 5+ years in wellbeing leadership in the NHS
- ✓ Particular interest in the neuroscience of meditation, with all content fully grounded in science to ensure maximum impact
- ✓ Experienced public speaker and group facilitator
- ✓ My approach is practical and easily embedded into a busy life so my clients experience genuine, impactful change

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email [hello@mindworksmeditation.co.uk](mailto:hello@mindworksmeditation.co.uk)**



#### References

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<https://www.pwc.co.uk/press-room/press-releases/poor-mental-health-is-main-cause-of-long-term-sickness-for-the-workforce.html>

[https://wellnessatnih.org.od.nih.gov/Documents/Boosting%20Productivity%20at%20Work%20How%20Mindfulness%20Training%20Helps%20\(002\).pdf](https://wellnessatnih.org.od.nih.gov/Documents/Boosting%20Productivity%20at%20Work%20How%20Mindfulness%20Training%20Helps%20(002).pdf)