



MAP PROGRAMS OVERVIEW

Corporate & Applied Mindfulness

Mindfulness At Play is a Consulting Agency specialized in Corporate & Applied Mindfulness.

Since 2017 **MAP** offers restorative and empowering Mindfulness, Self-Awareness and Well-Being Sessions at the workplace.

Experiencing regular Mindfulness-based sessions will assist the participants in developing, strengthening, skills and abilities, present within each.

Some of the known benefits:

- ✓ **Stress reduction, greater well-being and inner-balance;**
- ✓ **Improved attention, presence, and engagement;**
- ✓ **Increased concentration, focus, and clarity;**
- ✓ **Enhanced perspective, decision-making, and leading capacities;**
- ✓ **Deeper tolerance, open-mindedness, and understanding;**
- ✓ **Richer relationship with ourselves, team members, clients, and partners;**
- ✓ **Heightened creativity, flexibility, and emotional intelligence;**
- ✓ **Greater happiness, harmony, and personal involvement;**
- ✓ **And much more!**

*Our methodology focuses on being **collaborative, people centric, comprehensive, experiential, practical and effective.***

In each session, participants get to experience meditation, breathing and other mindfulness exercises. Afterwards, people are invited to process and reflect on their thoughts, emotions and behaviors. We also go deeper into the practical knowledge (studies, texts, tips, personal experiences). ***Naturally, all the resources offered are applicable at work and in life.***

Naturally each collaboration is truly unique, adapted to the organization, teams, culture, desired goals, and most convenient formats (regular group Sessions, Workshops, Programs or Retreats with specific themes).

In addition to completely customizable programs (especially in the case of large organizations), ***we also offer the following collaborative Sessions and Programs.***



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:: COMPREHENSIVE INTRODUCTION TO MINDFULNESS ::

This type of session gives people the opportunity to find out what Mindfulness is (and isn't), as well as the 'whys' and the 'hows' of practicing Mindfulness. In addition to learning about the science underpinning why Mindfulness works, participants get to experience Mindfulness practices for themselves.

Participants will receive useful *practical knowledge and simple techniques for personal well-being, applicable at Work and in the Everyday Life.*

This 2-hour Session can accommodate comfortably up to 30 persons

Total price of PHP 20,000

:: REDUCE YOUR STRESS WITH MINDFULNESS ::

The main purpose of this Mindfulness-based Collaboration focused on Stress Management & Reduction, is to offer each participant simple and efficient practices and tools, as well as useful knowledge that is applicable at work and in life in general.

A 4-session collaboration

- 1. Mindfulness: Introduction, Purpose and Benefits**
- 2. Mindfulness Practice to Acknowledge and Understand Stress**
- 3. Managing Stress and Moving Beyond**
- 4. Restoring Inner Balance, Effectiveness, and Developing Your Own Practice**

Each Session lasts 1 to 1.5 hours approximately, and can accommodate comfortably up to 30 persons

Total price of PHP 40,000



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:: CHAIR YOGA SESSION ::

The main purpose of this Chair Yoga Session is to show participants that easy physical movements are possible at the office. Like other yoga practices, Chair Yoga focuses on moving with the breath, stretching, and being more aware of what's happening with the body. The advantages of chair yoga is that one doesn't need a mat to do it and its poses are more accessible!

A 1 or 2 session collaboration

1. The First Session includes a **complete chair yoga sequence**, sharing of **tips about helpful practices in the office**, and **additional techniques to release tension and stress**.

2. The Second Session (optional) is a **refresher class** in which participants **review** the yoga sequence, **learn** about possible modifications, and **reflect** on their use of the sequence and other tools and techniques.

*Each Session lasts 1.5 hours approximately,
and can accommodate comfortably
up to 30 persons*

*Total price for each Session
of PHP 10,000*

:: SELF LEADERSHIP & WELL-BEING ::

The main purpose of this Mindfulness-based collaboration is to offer each participant, simple efficient practices-tools, useful practical knowledge-wisdom, applicable at work and in life in general. Ultimately, enabling profound and beneficial changes at every level of our being (body-mind-emotions-self), and personal-professional-public life.

An 8-session collaboration



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- 1. Introduction to Mindfulness**
- 2. Simple Awareness and the Power of Mindfulness**
- 3. Connecting With Our Thoughts**
- 4. Stress: Responding vs. Reacting**
- 5. Dealing, Working with Difficult Emotions/Sensations**
- 6. Mindfulness and Communication**
- 7. Mindfulness and Compassion**
- 8. Developing Your Own Practice**

*Each Session lasts 1 to 1.5 hours
approximately, and can accommodate
comfortably up to 30 persons*

Total price of PHP 80,000

:: GREATER SELF AWARENESS & WELL-BEING ::

The main purpose of this Mindfulness-based collaboration is to offer each participant, simple efficient practices-tools, useful practical knowledge-wisdom, applicable at work and in life in general. Ultimately, enabling profound and beneficial changes at every level of our being (body-mind-emotions-self), and personal-professional-public life.

A 12-session collaboration

- 1. Introduction to Mindfulness and Self-Awareness**
- 2. The Power of Living in the Present Moment and Cultivating Happiness**
- 3. Befriending Ourselves and Our Experience**
- 4. Connecting with the Mind and the Thoughts**
- 5. Dealing, Working with Difficult Emotions and Sensations**
- 6. Cultivating Our Multiple Intelligences**
- 7. Stress: Responding vs. Reacting**
- 8. Beyond Stress: Building Resilience and Self-Confidence**
- 9. Mindfulness and Compassion, Beginning with Ourselves**
- 10. Mindfulness and Communication**



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11. Mindfulness and Our Creative Ability

12. Developing Your Own Practice

*Each Session lasts 2 hours approximately,
and can accommodate comfortably
up to 30 persons*

Total price of PHP 180,000

:: THE BUILDING BLOCKS OF LEADERSHIP ::

This workshop will help your leaders/managers articulate their personal vision, their leadership identity, and even energize them in their roles! This will be done through an approach that builds on LEGO® SERIOUS PLAY® methodology -- meaning we will be asking different questions about our work and our role/s, building symbolic and metaphorical models, and sharing these builds and our insights to each other (Kristiansen, Hansen & Nielsen, 2009) guided by the principles of compassionate coaching.

*This 4-hour Session can accommodate
comfortably up to 10 persons*

*Total price of PHP 30,000, or PHP 40,000,
including an individual follow-up Session*

To learn more about MAP and the many benefits of Corporate and Applied Mindfulness

please visit www.mindfulnessatplay.com

or email us contact@mindfulnessatplay.com

We remain at your disposal to meet and further discuss how this practice can actively support the people's well-being in your organization.

Mindfulness At Play