



# MAP PROGRAMS OVERVIEW

Corporate & Applied Mindfulness

**MAP** 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 ::

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**

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.

***Each Session lasts 1 hour approximately, and can accommodate comfortably up to 30 persons.***

***Total price of PHP 40,000***



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## :: SELF LEADERSHIP & WELL-BEING ::

An 8-session collaboration

- 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**

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.

*Each Session lasts 1 hour approximately, and can accommodate comfortably up to 30 persons.*

*Total price of PHP 80,000*

## :: GREATER SELF AWARENESS & WELL-BEING ::

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**



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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
11. Mindfulness and Our Creative Ability
12. Developing Your Own Practice

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.

***Each Session lasts 1.5 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.***



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

[www.mindfulnessatplay.com](http://www.mindfulnessatplay.com)

or email us

[contact@mindfulnessatplay.com](mailto:contact@mindfulnessatplay.com)

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