

**MAP Trainings Overview**

November 2020

*Corporate & Applied Mindfulness*

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| **Activity Overview** | **Team & Clients** | **Programs & Services** |
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## Contact

Website

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

LinkedIn

[www.linkedin.com/company/mindfulness-at-play](http://www.linkedin.com/company/mindfulness-at-play)

**Mindfulness At Play** is a well-being initiative composed of **independent consultants**, located in the **Philippines**, **specialized in corporate & applied mindfulness.**

**Since 2017 MAP offers restorative and empowering self-awareness & wellbeing sessions at the workplace.**

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

**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.***

***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.

## TEAM



**Patrice-Pierre Ordacji**, Co-Founder & Facilitator

Experienced entrepreneur & manager with a demonstrated history of working in the telecommunications, IT and consulting industries in various countries, with a BSc-MBA Level from ESCP Europe Business School. Since several years passionate about self-awareness, mindfulness, wellbeing and personal development, at work and in life in general.



**Krupskaya (Kay) Añonuevo**, Co-Founder & Facilitator

A former professor and lecturer at the Department of Psychology at UP Diliman and currently a consultant for education projects/programs on inclusive education, ALS, and teacher professional development. Kay is also a Yin Yoga teacher and a self-care, mindfulness, and improvisation facilitator who applies healing modalities such as Reiki, Dorn, and Seraphim Blueprint.

## CLIENTS

**We work closely with clients in the Philippines across different sectors and corporate cultures.**

These are some of the people and organizations we have the pleasure and privilege to collaborate with since 2017

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**Guest speaker at the following conferences**

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## KNOWN BENEFITS

Some of the **known benefits** of experiencing regular mindfulness-based sessions and developing your own **daily self-care practice**

## PHYSICAL BENEFITS

* Stress reduction, increased energy and resilience
* Enhanced wellbeing, health and body awareness
* Greater inner-balance, personal alignment and feeling centered

## MENTAL BENEFITS

* Improved attention, concentration and decision making
* Greater presence, awareness and effectiveness
* Increased mental strength/health, clarity

## EMOTIONAL BENEFITS

* Heightened self-awareness, compassion and emotional intelligence
* Deeper tolerance, open-mindedness and understanding
* Greater emotional balance, ability to process and self-regulate

## SOCIAL SKILLS BENEFITS

* Enhanced perspective, communication and leading abilities
* Richer relationship with ourselves and others
* Greater happiness, self-appreciation and personal/professional involvement

## TOPIC & THEME SUGGESTIONS

**Topic and theme suggestions** that can be addressed and explored with this mindfulness-based method.

 **Mindfulness, Self-Awareness** and the daily practice of being **fully present and engaged**

 **Releasing Tensions** effectively and simply, addressing Loneliness and restoring **Inner Balance**

 **Wellbeing** and **Self-Care** on all levels

 Understanding Stress and gaining effective **Stress Reduction** methods - including on a physical level, with Chair Yoga and simple relaxing techniques and exercises applicable at work

 Promoting **Self-Regulation, Self-Responsibility** and **Personal Accountability**

 Cultivating a Conscious, Healthy and Supportive Lifestyle

 Befriending Ourselves and Our Lives

 Mindfulness and **Emotional Intelligence**, Self-Compassion, Selflessness, Empathy

 **Mindful** and **Conscious Leadership**

 Building **Engagement** and **Motivation** organically

 **Mindful Communication** in all its forms

 **Digital Minimalism** and greater discernment with the use of technologies

 **Mindful Relationships** at work and in life

 Rewiring our brain for **Happiness**

 Cultivating **Positivity, Gratitude, Trust, Confidence, Self-Worth**

Naturally in our collaborations with the HR and management teams, **we also enjoy co-designing custom programs and trainings**.

## 

## HOW DO WE START

**As a suggestion for the first 3 to 5 core sessions,** we propose to invite participants to explore and experience the following **foundational and essential topics + practices**:

• **Tension release** and **restoring inner balance**

• **Mindfulness** and **self-awareness**

• **Self-care** and **wellbeing** on all levels

*(including the physical aspect with at least 1* **Chair Yoga** *session)*

• Effective **stress reduction** practice and knowledge *(requiring at least 2 core sessions, with regular review and follow-up afterwards)*

**Naturally, the suggested content and framework remains completely customizable in length, rhythm, format***,* as this human collaboration evolves organically, to match the needs and preferences of the participants and organization.

**Participants will receive useful practical knowledge and simple techniques applicable at work and in the everyday life.**

## FOLLOW-THROUGH OPTIONS

Each collaboration is unique, **follow-through services such as smaller group sessions, individual coaching, and team-building events, can easily be co-designed**. Depending on the kind of learning support needed, MAP is ready to facilitate these sessions or refer the organization to other quality service providers which can provide the support required in complementary fields (health & diet, physical wellness, performing arts, and more).

## SESSION OVERVIEW

**During in-depth programs and regular collaborations, each session**

* Is **offered weekly, bi-weekly or monthly for example**, for regularity and personal adoption;
* Lasts **approximately 1 to 1.5 hours**, for efficiency, harmony, and usefulness;
* Is suited for **up to 30 participants when in person – or unlimited from the same organization when offered online, exceptionally during this period –** to create a comfortable space and allow quality exchange;
* Remains **very experiential**, to allow participants to enjoy a direct experience and bring home quality tools;
* Contains **exercises, knowledge sharing, and interaction** (when in smaller group work), to create an insightful, playful, transformative, and safe moment;

## PRICING

* **Prices for individual sessions and longer trainings, listed in the following pages, are Net Prices.**
* *Payment terms: seven (7) days or during the collaboration period.*
* *Discounted fees are available for larger organizations and yearly collaborations.*
* Any online or physical material provided to the participants is distributed and reproduced by the Client Organization.

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LATEST SESSIONS

*Offered online and designed during this unique period*

**This short new series was designed to promote a greater sense of happiness and self-leadership during the end-the-year and new-year period.**

These **comprehensive** and **experiential sessions** will give participants **quality tools to**

✔︎ Cultivate a deeper sense of happiness

✔︎ Enhance mental calm and wellbeing

✔︎ Build self-confidence

✔︎ Develop a more positive outlook

✔︎ Feel more grateful

✔︎ Promote self-leadership and self-regulation

✔︎ And more

**- REWIRING OURSELVES FOR HAPPINESS AND POSITIVITY -**

Net Price PHP 25,000

*Two 75-minute sessions*

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| --- | --- |
| **Session 1** | **Session 2** |
| * *Short Check-In and Centering Practice* * What do we mean by happiness * What does my happiness depend on? *Short Self-Assessment Exercise* * The art of happiness and how mindfulness as a daily practice makes us more present and happy. Tips and suggestions * *The Feeling Of Happiness Exercise* * 5-minute BREAK * *Creating Spaciousness Within Practice* * The power of gratitude and how to cultivate this feeling daily * Sharing and ending with a short *Gratitude Meditation* | * *Short Check-In and Centering Practice* * Check-in: how was your week? * Forget positive thinking * Cultivating a positive outlook and a conscious lifestyle. Tips and suggestions * *Welcome Whatever You Feel Practice* * We are social beings. Nurturing our support system and mindful relationships * 5-minute BREAK * Self-compassion and the *Heart Mind Coherence Technique* * Self-regulation while working from home. Tips and suggestions * Sharing and ending with a short *Gratitude Meditation* |

LATEST SESSIONS

*Offered online and designed during this unique period*

**During this exceptional and challenging period, we also developed the following specific sessions:**

**Mindful Leadership During Challenging Times**

**Working From Home | Cultivating Effectiveness & Wellbeing**

**These special sessions will actively assist the participants in releasing some of the tensions most are experiencing right now.**

Acknowledging and releasing some of the tensions we all carry is absolutely key and vital to a full and happy life.

These tensions, manifesting in different ways for each individual, can originate from a combination of factors such as: stress, fear, frustration and sadness about the current situation and uncertainty about the future. **Everyday life already is a source of stress, but the situation we are in at the moment is unique in the sense that many of us have never dealt with these kinds of restrictions and insecurity.**

We intentionally focus on sharing **selected modalities and practices that are simple and proven.**

These **comprehensive** and **experiential sessions** will give participants **quality tools to**

✔︎ Release various forms of tensions (from stress, fear, anxiety and sadness)

✔︎ Enhance mental and overall wellbeing

✔︎ Find their center more easily

✔︎ Build greater inner strength and resilience

✔︎ Boost the immune system naturally

✔︎ Restore clarity and personal harmony

**- MINDFUL LEADERSHIP DURING CHALLENGING TIMES -**

***Custom session for the executive and management team***

Net Price PHP 25,000

*2.5-hour session, can be shortened and divided*

* Coming together with a short centering and restorative *Being in the Present Moment & Releasing Tensions Exercise*
* How this current global situation is affecting people
* On the importance of the breath
* *The Abdominal Breathing Practice*
* What is mindfulness and why is it so relevant now?
* How Mindfulness Makes You a Better Leader
* The 3 Qualities of a Successful Leader
* Compassion, beginning with ourselves, suggestions and useful reminders
* *The Heart Mind Coherence Technique*
* BREAK
* Tapping to release stress and anxiety. Short introduction to EFT (Emotional Freedom Technique) and how it works
* *Full Tapping Sequence To Release Tensions*
* Sharing the 3 Qualities with the teams and incorporating them in the work culture
* *Specific practice*
* Open sharing and Q&A
* Ending including a *Gratitude Meditation*

**- WORKING FROM HOME | CULTIVATING EFFECTIVENESS & WELLBEING -**

Net Price PHP 25,000

*2.5-hour session, can be shortened and divided*

* Coming together with a short centering and restorative *Being in the Present Moment & Releasing Tensions Exercise*
* Benefits of developing a daily physical stretching and relaxing practice while seating with an easy to do *Chair Yoga & Stretching Sequence*
* How this current global situation can affect us
* Mindfulness and mental well-being, why and how to cultivate it
* On the importance of the breath
* *The Abdominal Breathing Practice*
* Specific stress release breathing method with *The 2 | 4 Breathing Exercise*
* Compassion, beginning with ourselves, suggestions and useful reminders
* *The Heart Mind Coherence Technique*
* BREAK
* Tapping to release stress and anxiety. Short introduction to EFT (Emotional Freedom Technique) and how it works
* *Full Tapping Sequence To Release Tensions*
* Self-leadership and self-regulation, solutions to create an effective and balanced home schedule
* Open sharing and Q&A
* Ending including a *Gratitude Meditation*

**During this exceptional and challenging period, we decided to create as well a new workshop** to enable individual interactions in a smaller group setting:

**This two-part online or in person workshop was especially developed to address feelings of anxiety that might arise in reaction to COVID-19, the uncertainty around it, and its new demands.** In addition to supporting participants in managing stress daily (to help keep anxiety at bay), this workshop aims to help them understand their own and others’ reactions to this shared experience. Finally, this workshop also contains mindfulness practices that can enhance both short-term coping skills and more long-term resilience.

**- MANAGING ANXIETY DURING UNCERTAIN TIMES -**

***Custom workshop for up to 20 participants***

Net Price PHP 30,000

*Two 1.5-hour sessions*

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| --- | --- |
| **Session 1** | **Session 2** |
| * *Short Check-In and Centering Practice* * Introductions * COVID-19, its demands and how it affects well being *(plenary and group sharing)*  1. *Regular stressors + COVID-19-related stressors (plenary)* 2. *Stress symptoms, including fear and anxiety (plenary + group)* 3. *How do we assess our thoughts, feelings and behaviors given this context? (group)* 4. *How do react towards others’ thoughts, feelings and behaviors given this context? (group)*  * Sharing of discussions and insights * 5-minute BREAK * Observing with curiosity, disidentification and recognizing feelings mindfully * 5-minute Q&A * *Guided Meditation on Emotions* and closing | * *Meditation on Anxiety* * Check-in: how was your week? * Sharing of assignments *(in small groups)* * Sharing of insights and the nature of anxiety *(plenary)* * *GAD-7* (tool for self-assessment of anxiety level) *(individual exercise)* * 5-minute BREAK * Insights and practices to manage anxiety *(group sharing)* * Resilience and practices to build resilience *(group sharing and plenary)* * How to support others who are experiencing heightened anxiety * *Gratitude Meditation* and closing |

***Assignment between sessions*** *(drawing, photo, Lego blocks, clay, etc.): What does your fear look like and what is it trying to tell you?*

REGULAR TRAININGS

**- COMPREHENSIVE INTRODUCTION TO MINDFULNESS -**

Net Price PHP 20,000

*2-hour session, can be shortened and divided*

* Short centering and restorative *Being in the Present Moment* *exercise and meditation*
* What is Mindfulness? Purpose and Benefits of Mindfulness
* *Five Senses Exercise*
* Short Introduction to Meditation and the importance of Breathing Properly
* *Abdominal Breathing practice*
* BREAK
* Acknowledging and Understanding Stress
* *The STOP Practice*
* Applied Mindfulness for Stress Management
* *The 2 | 4 Breathing Practice*
* Ending and Open Sharing, including a *Gratitude meditation*

**- SELF-CARE ON ALL LEVELS -**

Net Price PHP 30,000

*3-hour session, can be shortened and divided*

* Short centering and restorative Being in the Present Moment exercise and meditation
* What is self-care? Purpose and benefits
* Check-in practice
* Self-Care on ALL LEVELS – physical, mental, emotional, spiritual/holistic and social/community
* *Connect With Your Heart practice*
* Compassion, beginning with ourselves
* *Loving Kindness meditation*
* Developing your own self-care plan
* *Self-Assessment personal guide*
* BREAK
* *What is mindfulness? Purpose and benefits*
* *Five Senses Exercise*
* *Importance of the breath*
* *Abdominal Breathing practice*
* Applied mindfulness for stress reduction
* *STOP practice*
* Ending and open sharing, including a *Gratitude meditation*

**- CHAIR YOGA SESSIONS -**

Net Price for each 1.5-hour session PHP 10,000

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

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**COMPREHENSIVE PROGRAMS**

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**- REDUCE YOUR STRESS WITH MINDFULNESS -**

Net Price PHP 48,000

*4-session program*

**1. Mindfulness: Introduction, Purpose and Benefits**

This first session introduces the participants to the power and gift of mindfulness.

Module content:

* Short centering and restorative *Being in the Present Moment exercise*.
* Getting to know each other and the purpose of being reunited.
* What is mindfulness, its purpose and why is it so useful in life and at the workplace.
* Connecting with myself. The *Check-In practice.*
* On the importance of the breath and breathing properly.
* The *Abdominal Breathing practice* andthe *Two | Four Breathing exercise.*
* Time for open sharing and daily practice suggestions for the next session.

**2. Mindfulness Practice to Acknowledge and Understand Stress**

In this second session participants experience how mindfulness can be applied to identify and begin reducing stress.

Module content:

* Short centering and restorative *Being in the Present Moment exercise*.
* What is stress? Understanding the natural stress response mechanism and lessening its level and influence.
* The *STOP One-Minute Breathing practice*, its purpose when stress arises.
* Why self-compassion is beneficial when experiencing stress.
* Short *Connect With The Heart practice*, why and when to use it.
* Time for open sharing and daily practice suggestions for the next session.

**3. Managing Stress and Moving Beyond**

This third session shows participants how to reduce stress and strengthen their mind.

Module content:

* Short centering and restorative *Being in the Present Moment exercise*.
* This session focuses on managing-channeling stress constructively, reducing it and cultivating a clear and sharp mind.
* The *3 Minute Breathing Space exercise.*
* Introduction to meditation and why it is so beneficial.
* The *3M & Z Technique Meditation****©***, a new daily practice suggestion.
* Time for open sharing and daily practice suggestions for the next session.

**4. Restoring Inner Balance, Effectiveness, and Developing Your Own Practice**

This final session invites all participants to develop a daily practice and cultivate a mindful attitude at the workplace and in life.

Module content:

* Short centering and restorative *Being in the Present Moment exercise*.
* Choosing to cultivate inner balance by developing our own daily practice, taking the time for it and allowing a mindfulness-based attitude into our lives.
* Simple suggestions for a healthier and conscious active lifestyle in an urban environment.
* The *3M & Z Technique Meditation****©***.
* Open questions, feedbacks and sharing, in relation to our collaboration.
* Informal ending ceremony and *Gratitude Meditation*.

**- SELF-LEADERSHIP AND WELLBEING -**

Net Price PHP 96,000

*8-session program*

**1. Introduction to Mindfulness**

This first session introduces the participants to the power and gift of mindfulness.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* Getting to know each other and the purpose of being reunited.
* What is mindfulness and why is it so useful in life and at the workplace.
* *Check-in exercise.*
* Importance of the breath and breathing correctly.
* *Abdominal Breathing practice.*
* Time for open sharing and daily practice suggestions for the next session.

**2. Simple Awareness and the Power of Mindfulness**

This second session invites participants to go deeper and connect with themselves.

* A short and deep *Breathing and Reconnecting With The Present Moment meditation*.
* The power of mindfulness and self-awareness. The importance of knowing ourselves, befriending ourselves and our lives.
* An introduction to meditation and its many forms.
* The *Body Scan Meditation* practice and its purpose.
* Highlighting the importance of physical exercise, yoga, and stretching practices.
* Time for open sharing and daily practice suggestions for the next session.

**3. Connecting With Our Thoughts**

This third session invites participants to pay attention even more to their mind and mental activity.

* Short centering and restorativeBeing in the Present Moment exercise and meditation.
* Deeper understanding of the mind and nature of the mental activity, dealing with our thoughts, and how to apply this at work and in the everyday life.
* *Become The Observer a short exercise.*
* Time for open sharing and daily practice suggestions for the next session.

**4. Stress: Responding vs. Reacting**

This fourth session focuses on stress and on the value of acknowledging its existence, understanding it further and dealing with it.

* Short centering and restorativeBeing in the Present Moment exercise and meditation.
* What is stress? Understanding the natural stress response mechanism, lessening its level and influence, and, managing-channeling stress constructively.
* The *STOP One-Minute Breathing practice*, its purpose when stress arises.
* On the importance of the breath. *The Two | Four Breathing exercise.*
* Time for open sharing and daily practice suggestions for the next session.

**5. Dealing, Working with Difficult Emotions/Sensations**

This fifth session invites participants to be even more in touch with their emotions and physical sensations.

* Short centering and restorative *Being in the Present Moment exercise and meditation.*
* This session’s topic has to do with the importance of emotional intelligence and dealing with discomfort, both physical and emotional.
* Becoming more and more the observer of our emotions. Connecting with our physical sensations and allowing ourselves to feel what we feel.
* The *Soften, Soothe, Allow practice*.
* Time for open sharing and daily practice suggestions for the next session.

**6. Mindfulness and Communication**

This sixth session highlights the importance of inviting mindfulness in our communication and interactions.

* Short centering and restorative *Being in the Present Moment* exercise and meditation.
* The art of mindful communication, listening and sharing.
* Understanding more ourselves and others.
* *Communication Exercises* suggestions.
* The benefits of handling conflict and tensions.
* *Mountain or Lake Meditation practices*.
* Time for open sharing and daily practice suggestions for the next session.

**7. Mindfulness and Compassion**

This seventh session reminds the key importance of compassion, beginning with ourselves and naturally with others.

* Short centering and restorative *Being in the Present Moment exercise and meditation.*
* What is compassion? Why is it so essential and important to welcome compassion into our lives. How it can transform our daily experiences and relationships.
* The *Loving Kindness Meditation*.
* Time for open sharing and daily practice suggestions for the next session.

**8. Developing Your Own Practice**

This final session invites all participants to continue developing a personal daily practice and cultivating an even more mindful attitude at the workplace and in life.

* Short centering and restorativeBeing in the Present Moment exercise and meditation.
* This session focuses on the importance and necessity of creating our own daily practice, taking the time for it and fully allowing mindfulness-based attitude into our lives.
* Review, open questions, feedbacks and sharing, in relation to our collaboration.
* Informal ending ceremony and *Gratitude Meditation*.

**- GREATER SELF-AWARENESS AND WELLBEING -**

Net Price PHP 180,000

*12-session program*

**1. Introduction to Mindfulness and Self-Awareness**

This first session introduces the participants to the power and gift of mindfulness, as well as the importance of connecting with ourselves.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* Getting to know each other and the purpose of being reunited.
* What is mindfulness and why is it so useful in life and at the workplace.
* *Check-in exercise*.
* What is genuine self-awareness. Why choosing to be self-aware is beneficial and transformative on a personal and professional level.
* Time for open sharing and daily practice suggestions for the next session.

**2. The Power of Living in the Present Moment and Cultivating Happiness**

This second session invites participants to mindfully and regularly slow down and check in with themselves.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* Where is my attention? The gift of being fully here in the present moment.
* The art of happiness and why our happiness levels really matter.
* An introduction to meditation and its many forms.
* Importance of the breath and breathing correctly.
* *Abdominal Breathing practice*.
* Time for open sharing and daily practice suggestions for the next session.

**3. Befriending Ourselves and Our Experience**

This third session invites participants to connect and align even more deeply with themselves and their life.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* The seven (and additional) core qualities of mindfulness.
* Meditation, going deeper and realizing its many benefits.
* Reconnecting more deeply with our body*, The Body Scan Meditation practice* and its purpose.
* Introduction to *the ancient Hawaiian practice of reconciliation and forgiveness, Hoʻoponopono.*
* Time for open sharing and daily practice suggestions for the next session.

**4. Connecting with the Mind and the Thoughts**

This fourth session invites participants to pay attention even more to their mind and mental activity.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* Deeper understanding of the mind and nature of the mental activity, dealing with our thoughts, and how to apply this at work and in the everyday life.
* *Become The Observer a short exercise*.
* Time for open sharing and daily practice suggestions for the next session.

**5. Dealing, Working with Difficult Emotions/Sensations**

This fifth session invites participants to be even more in touch with their emotions and physical sensations.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* This session’s topic has to do with the importance of emotional intelligence and dealing with discomfort, both physical and emotional.
* Becoming more and more the observer of our emotions. Connecting with our physical sensations and allowing ourselves to feel what we feel.
* *Reconnecting with the Inner Child present within each, suggested practices*.
* *The Soften, Soothe, Allow practice*.
* Time for open sharing and daily practice suggestions for the next session.

**6. Cultivating Our Multiple Intelligences**

This sixth session invites participants to discover, explore and cultivate the many forms of intelligences we all possess, as well as some of the ways to fine-tune them.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* Ancient traditions, modern psychology and research, all confirm the existence of many forms of intelligences. This session will take the participants on a precious and useful short exploration tour, with a special emphasis on the intuition and the heart intelligence.
* *Connecting With The Heart meditation and practice*. Suggestions to align the head with the heart.
* Time for open sharing and daily practice suggestions for the next session.

**7. Stress: Responding vs. Reacting**

This seventh session focuses on stress and on the value of acknowledging its existence, understanding it further and dealing with it.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* What is stress? Understanding the natural stress response mechanism, lessening its level and influence, and, managing-channeling stress constructively.
* The *STOP One-Minute Breathing practice*, its purpose when stress arises.
* Time for open sharing and daily practice suggestions for the next session.

**8. Beyond Stress: Building Resilience and Self-Confidence**

This eighth session invites participants to continue strengthening their core self and inner compass.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* This session focuses on developing and trusting our own capacity to (1) discern, (2) know what is best for us on every level (body-mind-spirit), (3) establish healthy boundaries in our life, and (4) know when to pause and pay attention to what is going on within and without.
* The *Check-in practice* andThe *Two | Four Breathing exercise.*
* Suggestions for cultivating a happy and healthy lifestyle in a fast-paced urban environment.
* Time for open sharing and daily practice suggestions for the next session.

**9. Mindfulness and Compassion, Beginning with Ourselves**

This ninth session reminds the key importance of compassion, beginning with ourselves and naturally with others.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* What is compassion? Why is it so essential and important to welcome compassion into our lives. How it can transform our daily experiences and relationships.
* The *Loving Kindness Meditation*.
* Time for open sharing and daily practice suggestions for the next session.

**10. Mindfulness and Communication**

This tenth session highlights the importance of inviting mindfulness in our communication and interactions.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* The art of mindful communication, listening and sharing.
* Understanding more ourselves and others.
* *Communication Exercises* suggestions.
* The benefits of handling conflict and tensions.
* *Mountain and Lake Meditations practices*.
* Time for open sharing and daily practice suggestions for the next session.

**11. Mindfulness and Our Creative Ability**

This eleventh session shows how the practice of mindfulness can enhance our creative ability.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* The positive effects of mindfulness-based practice and meditation on the flow of creativity and the creative process, present within each.
* How mindfulness allows us to be more in touch with our authentic self and discover some of our hidden gifts, skills and abilities.
* The *Open-Monitoring Meditation*, and other suggested practices to enhance creativity.
* Time for open sharing and daily practice suggestions for the next session.

**12. Developing Your Own Practice**

This final session invites all participants to continue developing a personal daily practice and cultivating an even more mindful attitude at the workplace and in life.

* Short centering and restorative *Being in the Present Moment exercise and meditation*.
* This session focuses on the importance and necessity of creating our own daily practice, taking the time for it and fully allowing mindfulness-based attitude into our lives.
* Review, open questions, feedbacks and sharing, in relation to our collaboration.
* Informal ending ceremony and *Gratitude Meditation*.

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