



MAP Detailed Trainings

Corporate & Applied Mindfulness | March 2020

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 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.***

*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.**

Observed 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 well-being, 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 and creativity

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 and 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
- ✓ **Well-Being** 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-Responsibility, Personal Accountability, Self-Empowerment**
- ✓ Cultivating a **Conscious, Healthy** and **Supportive Lifestyle**
- ✓ **Befriending Ourselves** and **Our Lives**
- ✓ Mindfulness and **Emotional Intelligence, Self-Compassion, Selflessness, Empathy**
- ✓ **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**
- ✓ **Many more topics** we can prioritize and co-design together during custom collaborations

Initial phase recommendation

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**:

- **Mindfulness** and **self-awareness**
- **Self-care** and **well-being** 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.



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REGULAR 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 Persons or more** (depending on the client's workspace), 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**, to create an insightful, playful, transformative, and safe moment;
- Remains **Flexible** and can be modified, including the sequence or themes, to always offer a tailored and dynamic collaboration.

PRICING

Prices for individual sessions and longer trainings, listed in the following pages, are Net Prices.

Payment terms: during the collaboration period or on the date of the last session. 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.

DETAILED PROGRAMS SUMMARY

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*
- 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 SESSION

Net Price PHP 25,000

(3-hour session, can be shortened and divided)

- Short centering and restorative *Being in the Present Moment exercise and meditation*



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- 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*
- *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.

REDUCE YOUR STRESS WITH MINDFULNESS

Net Price PHP 40,000
(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* and the *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 & WELL-BEING

Net Price PHP 80,000
(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 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.

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 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.
- 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 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*.

GREATER SELF-AWARENESS & WELL-BEING

Net Price PHP 180,000

(12-session program, 2-hour sessions, can be shortened and divided)

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, Ho‘oponopono*.
- 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* and The *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*.

We remain at your disposal for additional information.

Sincerely,

Patrice Ordacji | Co-Founder

patrice@mindfulnessatplay.com

mobile +63 915 504 1153 | www.mindfulnessatplay.com

Kay Añonuevo | Co-Founder

kay@mindfulnessatplay.com

mobile +63 926 668 6244 | www.mindfulnessatplay.com