



Mindfulness In the Workplace

What is Mindfulness?

Paying attention to thoughts, feelings and body sensations to become directly aware of them, and better able to manage them.

- Improve Employee Engagement
- Lower Employee Stress
- Save on Healthcare Costs
- Reduce Cost of Sickness
- Managing Mental Health in the Workplace

Why?

- Changes areas of the brain associated with decision-making, attention and empathy
- Increases the area of the brain linked to regulating emotion
- Improves people's attention, job performance, productivity and satisfaction
- Increases blood flow, reduces blood pressure, and protects people at risk of developing hypertension



How?

- Our Mindfulness in the Workplace course helps employees to develop mindfulness skills
- Employees attend a 60 minute training session each week
- Participants learn new techniques to improve performance, leadership, well-being and resilience, which they then practise each day and apply to their work

Facts



“80% of employees reported feeling stressed at work sometimes and 60% of absenteeism was associated with stress. Although stress can come from many sources, work stress particularly leads to burnout.

[AIS](#)

For every £1 spent by employers on mental health interventions they get £5 back in reduced absence, presenteeism and staff turnover.

[Deloitte](#)



£26 billion per annum

Estimated costs to British Business due to Stress

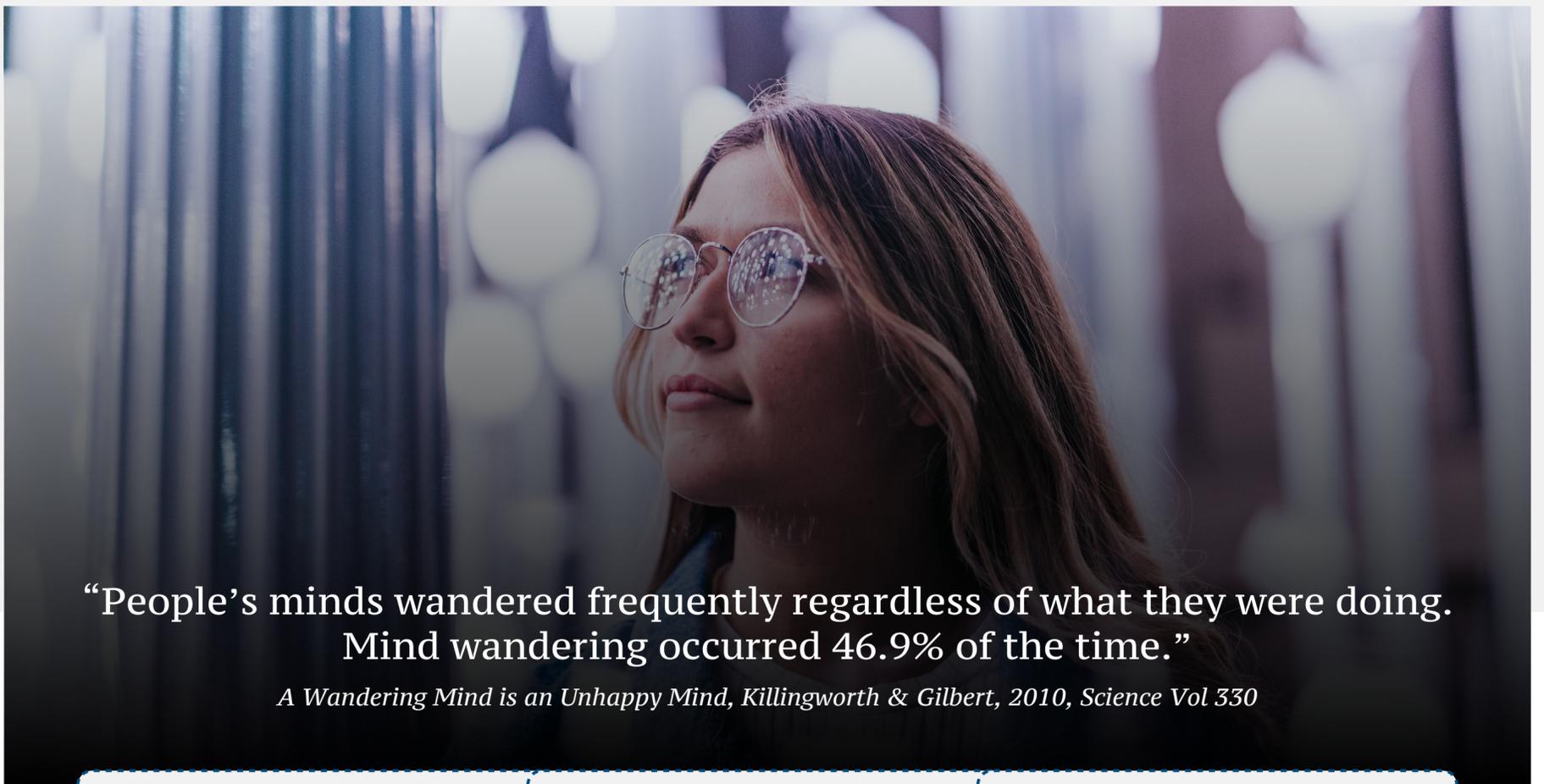
[SHP](#)

...leaders who practise mindfulness, were 77% more likely to resist ‘sunk-cost bias’

[Insead Business School Study](#)

Work-related stress and mental illness accounts for over half of work absences

[The Telegraph](#)



“People’s minds wandered frequently regardless of what they were doing. Mind wandering occurred 46.9% of the time.”

A Wandering Mind is an Unhappy Mind, Killingsworth & Gilbert, 2010, Science Vol 330

Absence Costs
£6.8 bn

Presenteeism Costs
£26.6-29.3 bn

[Deloitte 2020](#)

Turnover Costs
£8.6 bn

Ballueder Partners understand the Workplace and Human Behaviour, supporting your team with value identification, and vision alignment; with an outside-in perspective driving behavioural change and better performance.

We often compliment our Mindfulness Trainings with Coaching assignments to complete needs.

Volker Ballueder

- WorkplaceMT Mindfulness at Work Trainer, The Mindfulness Exchange (2019), CMI Validated, and developed as a spin-off from the Oxford Mindfulness Centre from Oxford University
- Certified Meditation and Mindfulness Trainer, School of Positive Transformation (2019)
- MBSR, The British Institute of Mindfulness (2019)
- NLP Master Practitioner (2003)
- MBA Thesis on EQ (2004)
- Best Selling published Author 'Principles for Success' (2019) based on his podcast "Stories of Success"



Volker's Mindfulness in the Workplace course made me consider my own mindfulness practise and helped me to evaluate priorities at work, fostering a better work life balance and better productivity. I would happily recommend his courses.

Alex Rosen, CTO, Platform360

Tailored programmes available

Week	Content example
One	Focusing the Mind; Breathing & Sensual Exercise; Habit releaser
Two	Mind-Body feedback connection; Body Scan Exercise; The Here and Now
Three	Mind the Gap – Striving vs. Over-Striving; Mindfulness Movement; 3 Step Breathing
Four	Relating differently to thoughts; Story Telling Mind; Sounds & Thoughts; ABC model
Five	Turning towards the Difficult; 3 Step Breathing Space
Six	Developing Intention; Nourishing & Depleting Activities; Reflective Dialogue



The course was extremely popular and well received.

It improved the awareness of mental health and looking out for each other at work and it definitely helped to strengthen the overall company culture.

Darren Poyton, CFO, SilverBullet



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