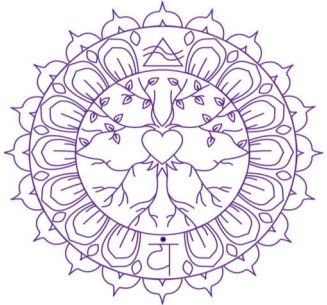


Mindfulness Empowerment®

Stressbewältigung & Potenzialentfaltung durch Achtsamkeit



LOVING LIFE
EXPERIENCE®

Mindfulness & Mental Fitness

Mending the Mind and Boosting Mental Fitness

Loving Life Experience | Dipl. Kfm. Stefan Sekulla
Stressmanagement & Mindfulness Based Stress Reduction
Awareness Training
Modern Meditation, Yoga & Relaxation

ALL RIGHTS RESERVED.
Loving Life Experience GbR



What is Mindfulness?

- ✓ Mindfulness isn't a belief, it isn't a technique, it's not a theory, and it's certainly not a branch of psychology.
- ✓ Mindfulness is a natural human capacity to help you thrive in all areas of your life.
- ✓ It can help give you the power to live your life to its full potential.



How can Mindfulness help?

- ✓ **Happy, motivated people** can create immense **value** for the **companies** they work for.
- ✓ And **people** can be more successful and fulfilled in the workplace if they can feel **more resilient, remain objective, be responsive rather than reactive**, show **compassion** to themselves and others as well as **build trust with their colleagues and other stakeholders**.



What are the Benefits of Mindfulness?

- ✓ Enhanced decision making
- ✓ Effective communication
- ✓ Stronger teams and leaders
- ✓ Superior creativity and innovation
- ✓ Improved engagement
- ✓ Confidence around change
- ✓ Greater resilience
- ✓ Positive wellbeing



Who could benefit?

- ✓ Executives who want greater creative focus and clarity
- ✓ Individuals who need to overcome stereotypical thinking and have a better understanding of complex situations
- ✓ Individuals and groups who are experiencing challenging work situations
- ✓ Those who need to communicate more effectively with their colleagues and customers
- ✓ Managers who need effective techniques to reduce conflicts in their teams
- ✓ Those who are involved in reorganisation and downsizing
- ✓ Individuals who wants to be more productive, more agile and less distracted
- ✓ Anyone who wants to enjoy their work and their life more



The Science of Mindfulness

- ✓ Secular mindfulness training started to become available in the States in the 1970s.
- ✓ Considerable research into Mindfulness including assessments using control groups that point to its efficacy.
- ✓ MRI scans of the grey matter of the brain's hippocampus, the area of the brain associated with learning, memory, compassion, introspection and self-awareness, have been shown to increase in participants of Mindfulness programs.
- ✓ Conversely, the grey matter of the amygdala, which is known to play an important part in stress and anxiety, has been shown to decrease.

Mindfulness Empowerment®

Stressbewältigung & Potenzialentfaltung durch Achtsamkeit



Due to the increasing number of scientific studies demonstrating the positive benefits of mindfulness practice, mindfulness is on the rise to become an integral part of corporate health management in companies.

