

AMANDA
GILBERT
MEDITATION

Mindfulness in the Workplace

Corporate Offerings Guide

Table of Contents

A Message from Amanda.....	1
About Amanda.....	2
Program Offerings.....	3
The Mindfulness in the Workplace Signature Program.....	4
The Mindfulness in the Workplace Basics Program.....	5
Wellness and Meditation Keynote & Guided Meditation Sessions.....	6
Day-Long Mindfulness & Wellness Retreats.....	7
Why Mindfulness in the Workplace Works	8
Why Mindfulness in the Workplace with AGM.....	9
Contact Amanda.....	10



A Message from Amanda

Thank you so much for taking time to look at the *Mindfulness in the Workplace* offerings and program guide. I know that this may be a brand new experience for you and your company, and I always make sure to share the meditation practice in a way that's simple, secular and easy to understand.

The *Mindfulness in the Workplace* offerings have been formulated and designed based on years of clinical research experience and mindfulness-based curriculum development for corporate meditation. Currently this mindfulness curriculum is being taught in 11 major cities across the US and in London.

With the *Mindfulness in the Workplace* program being based on several scientific outcomes of meditation like increased happiness, productivity, focus, flexible decision-making and stress resilience. When bringing mindfulness into your workplace, you can expect these fundamental changes along with team cohesion and greater overall satisfaction at work. This program has the capacity to completely transform your workplace culture and employee experience.

When you dedicate time during the workday to meditation, your return on investment is often greater than you can imagine as mindfulness has a way of optimizing your daily life experience, making you the best version of yourself.

This program is a top influence for creating a company filled with health, happiness and well-being. I invite you to step into the benefits of meditation today and start practicing *Mindfulness in the Workplace*.

Warmest regards,
Amanda Gilbert



Current & Past Clients





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Like any major start up agency, our day to day can be quite stressful at times - especially when working with major brands. We thought it would be beneficial for our employees to learn to meditate and gain relaxing, healthy tips for working through those stresses. Working with Amanda has not only brought us closer together, but has helped us be more mindful and patient in stressful, difficult situations.

— CAROLINE RUDDY, CEO, RQ AGENCY

Programs

With live in-person or online *Mindfulness in the Workplace* sessions facilitated by Amanda, you can create a company culture with mindfulness, resilience and emotional intelligence at its core.



The Signature Program

Ongoing or standalone 20-30 minute sessions designed to cover meditation and mindfulness fundamentals in the workplace.

Clients then can move into a regular weekly session format comprised of guided meditation and didactics on mindfulness in the workplace topics, like how to further develop a mindfulness-based work culture and how individuals can benefit most from a meditation practice.

Common topics for these sessions include:

- Managing stress
- Increasing focus
- Cultivating creativity and productivity
- Mindfulness-based communication skills
- Creating mindful habits for health and happiness

The *Weekly Mindfulness in the Workplace* program includes access to Amanda's online audio guided meditation.



The Basics Program

Introduce your employees and your company to meditation and mindfulness at work in this 4-week introductory program.

Topics for these sessions include:

- The basics of meditation and mindfulness including traditional definitions and simple, easy and accessible instructions on how to meditate.
- Science-backed benefits of meditation and how the practice can specifically help individuals at work.
- Techniques and best practices for growing a consistent meditation and mindfulness practice.
- In-the-moment stress busters and mini mindfulness techniques practiced to manage stress on the spot.

4 30-minute weekly or bi-weekly sessions are held live—in-person or online.

The *Mindfulness in the Workplace* basics program includes access to Amanda's online audio guided meditations.



Wellness and Meditation Keynote & Guided Meditation Sessions

These sessions are designed to be 1+ hour standalone sessions comprised of didactics, guided meditation, and optional powerpoint presentations on meditation, mindfulness at work or specific wellness-related topics.

Whether for your Workplace Wellness Program, your Employee Benefits Program or an employee perk, these sessions are designed to be a fun, interactive, inspirational and educational mindfulness-based experience.

Common topics for these sessions include:

- Introduction to meditation
- Mindfulness at the workplace
- The science and benefits of meditation
- Meditation and heart health
- Managing stress with meditation
- Self-care and stress resiliency
- Peak performance through meditation
- Essential tools for productivity
- Workplace health, happiness and success
- Mindfulness-based leadership for executives

A Wellness and Meditation Keynote & Guided Meditation Session includes access to Amanda's online audio guided meditations.



Day-Long Mindfulness & Wellness Retreats

A day of mindfulness and wellness can cultivate deeper personal and professional satisfaction for employees and executives. During a *Day-Long Mindfulness & Wellness Retreat* with Amanda, participants will be introduced to a variety of health and wellness topics focused on self-care, stress management, as well as greater happiness and peace of mind. There will be periods of meditation, team-building exercises centered around mindfulness, mild mindful movement and mindful eating practice with healthy meals.

These day-long retreats can be held on-site at your workplace or at an off-site location and are highly personalized to each client.

A *Day-Long Mindfulness & Wellness Retreat* includes access to Amanda's online audio guided meditations.



Why Mindfulness in the Workplace Works

Increases:

- | | | |
|----------------|--------------------------|------------------|
| ➤ Focus | ➤ Emotional intelligence | ➤ Teamwork |
| ➤ Attention | ➤ Leadership | ➤ Health |
| ➤ Productivity | ➤ Well-being | ➤ Happiness |
| ➤ Creativity | ➤ Compassion | ➤ Self-awareness |
| ➤ Resilience | | |

Decreases:

- | | |
|---------------------|----------------------------|
| ➤ Stress | ➤ Inflammation in the body |
| ➤ Anxiety | ➤ Negativity |
| ➤ Depression | ➤ Bias |
| ➤ Rumination | ➤ Procrastination |
| ➤ Sick days at work | ➤ Self-judgment |



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Amanda's session was informative, inspiring, and the way she taught our team meditation was very simple and easy to understand. We felt so focused, happy, and energized after our first team meditation practice! The customized daily meditation practice routine for our team has also changed our company culture. If you are wanting to make a shift to a company culture based in mindfulness, health, and employee well being, then AGM is the solution to this goal.

— *MELISSA PALMER, CEO, OSEA MALIBU*

Clinical Outcomes on
Mindfulness in the Workplace






Emotional Exhaustion & Job Satisfaction

After 5 days of mindfulness training on 219 employees, a study showed significantly less emotional exhaustion and more job satisfaction than the control group who did not receive any mindfulness training.

(Hulsheger et al. 2013)

Stress & Sleep

239 highly stressed employees were either taught mindfulness in a workplace stress reduction program or randomized into a control group. Those in the mindfulness group came away with greater improvements in perceived stress, sleep quality and more coherence in monitored heart rate variability. (Wolever et al. 2012)



Positive Mood & Immune Function

After 8 weeks of mindfulness meditation at work, employees showed increases in brain activity associated with positive mood and greater immune function by producing more antibodies to the common flu.

(Davidson et al. 2003)



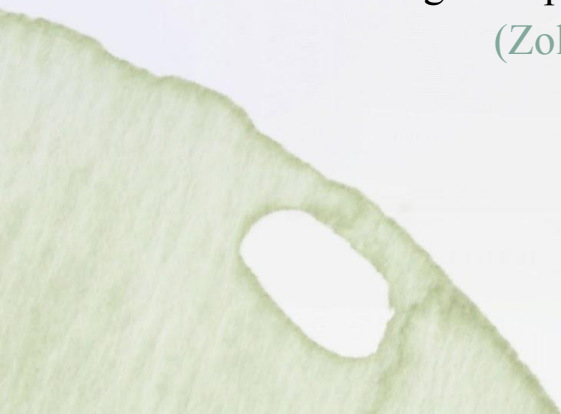


Burnout, Team Organization, & Personal Productivity

Employees in 4 companies showed reductions in burnout, perceived stress and increases in team and organizational climate, as well as personal productivity performance after 8 weeks of workplace mindfulness training. (Kersemaekers et al. 2018)

Work Related Stress For Managers

A study focused on mid-level managers at work showed mindfulness training to be effective in combating their work-related stress and bolstering their psychological resilience in the workplace. (Zolnierczyk-Zreda et al. 2016.)



Online Mindfulness in the Workplace

A study at Duke University showed equivalent results for online versus in-person mindfulness training at work. Both methods of delivery showed significant improvements on perceived stress, sleep quality and heart rate variability. (Wolever et al. 2012)

In a study conducted by The Cleveland Clinic, an online mindfulness program for 161 employees proved effective in lowering perceived stress and increasing emotional and psychological well-being. (Allexandre et al. 2016)

89 employees from the Dow Chemical Company were randomized into an online meditation program or wait-listed in a control group. The online mindfulness program proved to be practical and effective in decreasing employee stress, while improving resiliency, vigor, work engagement and enhanced overall employee well-being. (Aikens et al. 2014)



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Our stress levels are down our efficiency is up. Everything flows better and we handle difficult situations (which come up in business all the time) with more ease, less stress. I still can't believe having Amanda come by only two sessions a week could have made such an impact on our company culture, our well-being and our connection with each other.

— REBECCA JENNINGS, CEO, HIPS & CURVES

Why Mindfulness in the Workplace with Amanda Gilbert Meditation

AGM's *Mindfulness in the Workplace* programs are uniquely personalized to each group and company. While the foundational curriculum is a science-backed starting point, AGM tailors the programs to meet every client's specific intentions, targeted goals and desired outcomes.

AGM is a live meditation experience with sessions in-person or online.

AGM is a highly qualified and credentialed Mindfulness Facilitator, Meditation Teacher, Well-being Guide and Leadership Mentor.



Meet Amanda

Amanda Gilbert is a teacher and practitioner of meditation dedicated to sharing the practice of changing your life through mindfulness and meditation. A teacher at Mindful USC at the University of Southern California, The Den Meditation and Unplug Meditation in Los Angeles, she is recognized nationally as a leader in meditation, mindfulness, health and wellness.

Amanda is a Trained Mindfulness Facilitator with UCLA's Mindful Awareness Research Center and a Certified Meditation Instructor with The Chopra Center for Well-Being. She is a Qualified Mindful Eating Mindfulness-based Eating Awareness Instructor, and trained in Mindfulness-based Stress Reduction.

She is a current Collaborator, and former Center Director at The Aging Metabolism and Emotions Center at UCSF running and publishing clinical research on the biological and psychological effects of mindfulness and meditation. And former Executive Director at The Sugar Stress Environment & Weight Center at UCSF.

Amanda develops mindfulness-based curriculum and programming for mindfulness in the workplace, education settings, clinical research studies, and for mobile applications like EvenFlow IO. Her curriculum for *Mindfulness in the Workplace* has been taught in 11 major cities across the US and in London.



Contact Amanda

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