

## customizable one-hour WORKPLACE MINDFULNESS INTRODUCTORY SESSION

One-hour introductory sessions provide a better understanding of the negative impact of chronic stress, the scientific rationale and the value of mindfulness at work, and how to immediately implement simple and effective mindfulness practices for improved well-being.

### Customizable Topics Include:

- Work-life separation & operating in a hybrid world
- Navigating change and uncertainty
- Focus and peak performance
- Emotion contagion in the workplace: managing yours and others for success
- Women and burnout in the workforce



The proof is in the science



63% of U.S. workers report they are ready to quit their job to avoid work-related stress



100% DECREASED STRESS

From a case study of a team of 47 local attorneys. Decreased stress in the workplace is associated with decreased absenteeism, turnover, performance, and morale, as well as improved well-being.



Stress costs American businesses \$500 billion a year



100% RECOMMEND OUR PROGRAM

From a team of 45 at the Cincinnati Regional Chamber of Commerce. Invest in connection and strategy proven to improve employee satisfaction to retain your top talent resulting in a healthier, happier workplace.

### CLIENT

## Testimonial

*The mindfulness course was one of the best investments of my time that I have made in a very long time. Meriden and Sian have created a course with significant impact in promoting well-being and resilience through the practice of mindfulness. Truly a mindfulness course for the modern day person.*

Contact us:



MERIDEN.MCGRAW@UC.EDU



BIT.LY/UC\_WORKMIND



513-558-5999



## THE UNIVERSITY OF CINCINNATI *difference*

What separates us from other companies is our team. Combined with over 50 years of experience, we bring doctoral-level education and research methods to elevate our programs.



MERIDEN MCGRAW  
MS, MPH



SIAN COTTON  
PHD



### OPTIONAL ADD-ONS

Survey on stress or other mental health factors for participants



### DIGITAL HANDOUTS

A digital handout detailing the techniques taught in the session



### DIGITAL PRACTICES

Digital recordings for continued practice

PARTICIPANTS *receive*

## THE MENTAL WELLBEING OF YOUR TEAM IS WORTH THE *investment*

**PRICING BEGINS AT \$1,250**

A one-hour introductory session includes presentation, logistical support, and digital follow-up for all participants. Pricing varies based on location, logistics, customization, and reach. Non-profit and small business pricing available.

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