

# 8-WEEK COURSE

*a mindfulness course*

## FOR THE MODERN DAY PERSON

Research indicates that 8-week courses are best for sustained impact on individuals and workplace culture as it takes this amount of time to form reasonably robust new habits.

This course is designed to introduce an array of techniques for positive mental well-being, creating sustainable habits that increase group connection and lead to a culture of mindfulness.

### 8-WEEK CURRICULUM

- Week 1: Introduction to Mental Fitness for Stress Reduction and Peak Performance
- Week 2: Curiosity and Growth Mindset for Improved Wellbeing and Outcomes
- Week 3: Focus, Focus, Focus
- Week 4: Emotion Regulation and Contagion
- Week 5: Non-Judgement, Unconscious Biases and Listening
- Week 6: Setting Outcome Goals and Living in the Process for Success
- Week 7: Letting Go and Releasing
- Week 8: Acceptance and Next Steps for Daily Integration and Sustained Results



### 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.



### 80% IMPROVED RELATIONSHIPS

From a case study with 96 associates from a team within Procter & Gamble. Disconnection at work is reported as the number one reason people are currently leaving their jobs.



### 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

*"I absolutely loved this series! This is one of the best "perks" I have ever received from an employer. It has changed my life for the better! I am very grateful that this program exists. Thank you!!"*

PARTICIPANT FROM CINCINNATI CHAMBER OF COMMERCE 8-WEEK COURSE

Contact us:



[MERIDEN.MCGRAW@UC.EDU](mailto:MERIDEN.MCGRAW@UC.EDU)



[BIT.LY/UC\\_WORKMIND](https://bit.ly/uc_workmind)



513-558-5999

The proof is in the science



# THE UNIVERSITY OF CINCINNATI *difference*

Our research team creates a customized evaluation plan based on your team's unique pain points and desired outcomes. Validated tools will be used to assess key metrics such as perceived stress, resilience, self-compassion, burnout, coping, positive/negative affect, mindfulness, engagement, and/or focus.

## *Testimonial*

*This has been incredibly helpful and far more enlightening than I expected when I signed up. So grateful for this opportunity to participate remotely. I hope there will be similar programs offered again."*



**WEEKLY LIVE SESSIONS**  
Instructor-led weekly in-person or virtual 60-minute sessions spanning 8 weeks



**DIGITAL RESOURCES**  
Weekly digital recaps, daily emails, online audio-guided practices

**STRENGTHEN CONNECTION**  
Cultivate community to drive deeper connections.

**INSTRUCTOR ACCESS**  
Individual access to the instructor for additional guidance

**PARTICIPANTS receive**

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

**PRICING: \$12,500 (NON-PROFIT DISCOUNTS AVAILABLE)**

This course spans 8 weeks, 60-minutes per week for up to 35 associates. Session format is a combination of presentation, experientials, and open discussion. Programming includes access to weekly digital recaps, daily emails, online audio-guided practice for sustained support, and individual access to the instructor for additional guidance.