

customizable

EVIDENCE-BASED WORKPLACE MINDFULNESS PROGRAMS

Designed for the high-performing, busy professional, our programs help global companies improve outcomes resulting in less employee turnover and a happier, healthier workplace.

Expected outcomes:

- Increased productivity and focus
- Improved professional and personal relationships
- Increased ability to calm, center, and refocus
- Increased creativity and innovation

The proof is in the science



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

"By participating in an 8-Week Mindfulness workshop, I was able to learn techniques to practice that help me be the best leader I can be for my team. I was even able to engage my 5-year old son in practice techniques I had learned to help him."



Kimberly Mapp
Family Care PS Eng Senior Director
Digital Solutions, Mfg Automation, & Systems
P&G Family Care

University of
CINCINNATI
OSHER CENTER FOR
INTEGRATIVE HEALTH

Contact us:



MERIDEN.MCGRAW@UC.EDU



BIT.LY/UC_WORKMIND



513-558-2310

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.

Meet the team



SUSIE MCDONALD, MA

EXPERIENCED PROJECT & RESEARCH MANAGER IN DATA COLLECTION AND MANAGEMENT, IRB MAINTENANCE, AND OUTCOMES DISSEMINATION



SIAN COTTON, PHD

LICENSED CLINICAL PSYCHOLOGIST AND FOUNDER OF THE OSHER CENTER FOR INTEGRATIVE HEALTH AT UC



**MERIDEN MCGRAW
MS, MPH**

COMBINES HER MASTER'S LEVEL EDUCATION IN MENTAL & PUBLIC HEALTH WITH 27+ TRAININGS IN MIND-BODY MODALITIES TO TEACH TECHNIQUES FOR OPTIMAL WELLBEING



**HARINI PALLERLA
MS**

SPECIALIZES IN QUANTITATIVE RESEARCH METHODS, DATA ANALYSIS, DATABASE DESIGN AND APPLICATION SUPPORT

EVIDENCE-BASED *Customizable Offerings*



Leadership Trainings



Lunch & Learns



Full & Half Day Retreats



Training your employees to hold mindful sessions



4, 6, 8 Week Courses and drop-in sessions

Contact us:



MERIDEN.MCGRAW@UC.EDU



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



513-558-2310