



MINDFUL WORK ENVIRONMENTS

The *Mindful Work Environments* program has the power to cultivate a transformation in the culture of your business or workplace.

The benefits include: an increase in mental clarity, resiliency, flexibility, creativity, and emotional intelligence, and a decrease in stress.

Mindfulness training has been the hallmark of leading-edge wellness programs. Comprehensive scientific reviews identified 378 peer-reviewed research studies showing that workplace wellness programs improve health knowledge, health behaviors, and underlying health conditions.

Mindful Work Environments programs will support and enrich individuals, leaders, and groups within your organization.

Janet Solyntjes, MA, CYT

leads workshops and retreats in the US, Canada, Australia, and New Zealand.

has been practicing mind-body disciplines since 1977.

teaches mindfulness meditation at Naropa University and Shambhala Meditation Centers and leads Mindfulness-based Stress Reduction classes at Colorado Integrative Cancer Care, Solar Yoga, Shambhala Mountain Center, and Hollyhock Retreat.

trained in MBSR with Jon Kabat-Zinn and Saki Santorelli of the Center for Mindfulness at the University of Massachusetts Medical School in 2002, and completed the MBSR Teacher Development Intensive in 2008.

has worked with groups and teams in a variety of settings - *artistic, small business, non-profit, and volunteer organizations* - for over three decades.

| PROGRAMS | |
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| SORBET: THE ONE-HOUR PALATE-CLEANSING WORKSHOP | \$300 |
| An exploration of the mind-body approach to stress management. Brief introduction to mindfulness practice and strategies for staying present and calm at work. | |
| APPETIZER: STRATEGIES AND TECHNIQUES FOR STRESS REDUCTION (Half-day/ 3-hours) | \$750 |
| An exploration of the mind-body approach to stress management. Introduction to a variety of mindfulness practices including body awareness in lying down posture, sitting meditation, and gentle yoga. Discussion of mindful strategies for staying present and calm at work and beyond. | |
| ENTRÉE: STRATEGIES AND TECHNIQUES FOR STRESS REDUCTION AND MINDFUL COMMUNICATION (Full-day/ 6 hours) | \$1250 |
| An in-depth exploration of the mind-body approach to stress management and the scientific research supporting the powerful role of mindfulness in stress management. Introduction to a variety of formal and informal mindfulness practice. Discussion of mindful strategies for staying present and calm at work and beyond. Exploration of mindful listening and mindful speech and the role of inquiry in addressing challenging dynamics in work communities. | |
| FEAST: STRATEGIES AND TECHNIQUES FOR STRESS REDUCTION, MINDFUL COMMUNICATION, AND EXPLORATION OF TEAM PROCESSES (Two-hour weekly session for eight weeks plus half-day practice session) | \$3500 |
| Mindfulness-based Stress Reduction (MBSR) foundation course (as designed by Jon Kabat-Zinn, Ph.D.) with an emphasis on mindful communication and transactional processes in groups and teams. More detailed information available upon request. | |

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