

Mindfulness at Work with Integrative Wellness SF

The stressors and demands of life and work are increasing while our capacity to meet those complexities remains the same.

74% cite work as significant stressor (APA)

52% will consider leaving their jobs (APA)

1 in 5 people miss work as a result (APA)

2/3 workforce is disengaged (Gallup Poll)

“If you are fully present on the job, you will be more effective as a leader, you will make better decisions and you will work better with other people.”

~ Bill George Harvard Business School Professor and CEO of Medtronic

How Does Mindfulness Help?

Enhances focus and improves attention

Participants develop skills to self-regulate attention, concentration, memory and focus resulting in higher performance and better behavior.

Aetna, one of the third largest health insurance companies in the US, reports **62 minutes** on average of increased productivity per employee.

Promotes better listening skills and improves relationships

Improves conflict resolution and decreases blaming through seeing situations more clearly.

Bringing mindfulness to a company called the iOpener Institute lead to a **46% reduction** in cost due to employee turnover, **19% reduction** in the cost of sick leave, and a reported **12% increase** in performance and productivity.

Improves impulse control and decision making

Reduces reactive behavior, enhances self-regulation as well as compassion, kindness and empathy.

“The number one leadership competency is compassion.” Jeff Weiner, CEO LinkedIn

Reduces stress and fosters well-being

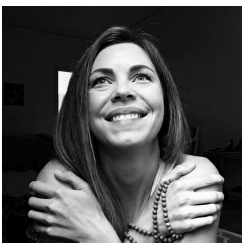
Promotes healthy brain development and function increasing stress resilience and neuroplasticity.

30 minutes of daily meditation can help reduce anxiety, pain and depression. (John Hopkins University)

\$3.27 – The Savings on average medical costs for every dollar spent on employer wellness programs. (Harvard University)

The Programs –

Ashley will customize mindfulness programs that fit your organization's unique needs. These custom packages can range in duration with the shortest program being 8 weeks long. The lessons are fun, engaging, secular and applicable to life in and out of the workplace. Lessons are entry level and designed to teach the fundamentals of a mindful sitting practice. Lessons range from 45 - 60 min and include didactic, practice and discussion. Mindfulness resources, suggested home practices and homework are offered.



Instructor –

Ashley Crouch, MFT, is a licensed psychotherapist who holds a Master's Degree in Integral Psychology from CIIS and a BA in Cultural Anthropology from Wake Forest University. Ashley is a practitioner of vipassana or “insight” meditation, studying at Spirit Rock Meditation Center with Sylvia Boorstein and Jack Kornfield and teaches mindfulness workshops to adults and children throughout San Francisco. She completed her mindfulness in schools teacher training through Mindful Schools in early 2015. Ashley then went on to complete her Mindful Self-Compassion teacher training with the Center for Mindful Self-Compassion at UCSD.

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