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# MINDFULNESS

## Professional Development Package

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### Executive Summary

Ivy Child International's (Ivy Child) professional development program provides mindfulness education to organizations seeking to create a healthy, harmonious, productive, and innovative environment. We are committed to providing employees with the tools to develop a system wide practice that can be integrated into work and life. Programs can be customized to serve the specific needs and interest of your organization.

## Mindfulness in the Workplace

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### What is Mindfulness?

Mindfulness is the practice of being aware, awake, and alert in the present moment with ourselves and our surroundings; using breath as the anchor. Deep breathing exercises and self-reflection allow us to pause and respond skillfully to any given circumstance. Combined with meditation and movement, mindfulness helps individuals cope with stress, regulate their emotions, and adopt healthy habits.

### Why is it needed?

Stress is a serious problem for working professionals worldwide. Research shows it causes anxiety, illness, burnout, fatigue, memory loss, inability to focus, impulsivity, irritability, trouble sleeping, etc. *91% of all workplace accidents (specifically personal injuries) are due to human error.* When left unmanaged, employees experience poor health, decreased performance, increased human error, reactivity, and negative relationships.

### Why is it beneficial?

Mindfulness in the workplace is proven to:

- Boost focus, attention, and memory.
- Enhance performance and productivity.
- Reduce and manage stress.
- Improve self-regulation and emotional intelligence.
- Strengthen the muscles and immune system.
- Reduce distraction-related injuries and increases employee safety.
- Increase engagement, morale, and performance.
- Improve relationships.
- Bring a greater sense of unity and sustainable health practices to the workplace.

The effects of mindfulness, when practiced diligently, can be immediate and long-term.

## The Methodology

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Organizations can benefit from fostering: mindful wellness, leadership skills to enhance performance, and inclusive cultures of caring, compassionate, and mindful behaviors in their staff and the communities they serve. Ivy Child International offers a series of Professional Development seminars designed to introduce mindfulness strategies that help support a self-sustaining and expanding mindfulness environment. Our recommended prerequisites are:

1. Introduction to Mindfulness and Wellness Strategies
2. Mindfulness Strategies and Interventions (In the workplace)
3. Mindful Leadership and Performance
4. Creating a Mindful Culture (at work)
5. Building Mindful Spaces (in the workplace)
6. Developing Mindfulness Ambassadors and the Mindfulness Multiplier Effect - How can YOU multiply mindfulness?

Additional themes include:

1. Mindful Eating and Nutrition
2. Mindful Communication
3. Compassionate Management
4. Cultivating the Inner Lives of Leaders
5. Mindfulness and Performance
6. Mindfulness for Parents and Caregivers

We work in collaboration with our partners to create and customize additional themes based on your needs, interests, and objectives. All sessions offer participants an interactive experience that combines lectures, group discussion and activities, journaling, self-reflection, mindfulness plan creation, and the opportunity to practice mindful movement, breathwork, meditation, and other mindfulness exercises. Our goal is to help individuals use mindfulness to develop a higher quality of well-being, productivity, and balance in all aspects of their work and life.

### Frequency and Duration

At Ivy Child, there is no *one size fits all* model. We provide programs ranging from single day workshops to full day retreats to monthly sessions for an entire year. We can also provide a keynote or speaker at your next conference, retreat, panel, or other event. Our goal is to help organizations develop a program that suits your needs. We also do not place a cap on the number of people that can attend a session or program.



## About Ivy Child

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### Who We Are

Ivy Child International (Ivy Child) is a Massachusetts-based 501(c)(3) nonprofit that provides mindfulness education to children, families, and professionals in diverse educational systems and communities. Our Mindfulness-Based Learning (MBL) curriculum encourages social-emotional learning through a combination of creative movement, meditation, deep breathing exercises, and the arts. All programs are culturally-tailored to each site and population and provide participants with mindful tools to increase awareness and focus, improve self-regulation, manage stress, build resilience, cultivate social and emotional intelligence, and develop healthy habits for life. To date, Ivy Child has provided over 240 campus, community, and professional development programs in 193 sites to more than 29,720 children, families, and adults.

### Vision

To develop mindful leaders who engage and impact social change, creating a culture of peace.

### Mission

To provide universal mindfulness education to children and communities, prioritizing urban populations and their multicultural needs.

## Request a Customized Program

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For more information or to discuss your customized program and pricing options, please contact:

Divya Sachdev  
Business Development Manager  
divya@ivychild.org | (617) 279 2444 x 4

