



# CORPORATE MINDFULNESS PROGRAM

IMPROVE YOUR ORGANISATION'S  
PERFORMANCE USING MINDFULNESS.

Start Benefiting from Corporate  
Mindfulness Workshops Today.

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# About the Mentor

Anurudhan Devadas strongly consider Mindfulness in daily life and framed 'Mindfulness at Work', a course to improve personal and organizational efficiency. Anurudhan is a Mechanical Engineering graduate and the owner of "IsmartCAD Solutions", an Engineering Design outsourcing firm. As part of the international projects in his working period at Autodesk INC and IsmartCAD Solutions Pvt Ltd, Bangalore, he travelled different countries like Malaysia, Bali and Singapore, and other countries, attaining excellent exposure of Mindfulness training. Anurudhan is highly trained from International Mindfulness Faculties. His active participation in different community service projects for community services clubs is the perfect example of his ethical standards and goodwill towards society. With more than 5 years of experience as a Mindfulness Mentor, he conducts training for students, teachers, Engineers, corporates, Bankers, job seekers and many more.

Anurudhan had done his MBSR course, a renowned International Mindfulness Based Stress Reduction program and followed different Mindfulness Masters, in particular, Jon Kabat-Zinn, Joseph Goldstein, Jack Kornfield, Thich Nhat Hanh, Sharon Salzberg and Ajahn Brahm. He had also got the opportunity to meet His Holiness the Dalai Lama in Bangalore as part of his exploration on Mindfulness.

Anurudhan made headway to the "Mindful for Happy Life" an 8-week Mindfulness based Life skills training with a total of 40 hours. The four modules of this course are Life Management, Stress reduction program, Science of Mindfulness and Happiness program. The course involves 5 hours of training per week and various Mindfulness meditation practices. Mindful team unfolded another program Mindful Hatha Yoga, Integrating mindfulness on yoga workout, thereby providing opportunity and space for the individuals to become more mindful in movement, posture and breath.

Mindful for Happy life involves Experienced Mindfulness trainers, Psychologists, Neurologists, Yoga Instructors & Motivational speakers from different areas.



## Anurudhan Devadas

Founder, Mindfulness Mentor



WHO WE ARE  
Team Mindful  
for Happy Life

Mindfulness is a mental state attained by focusing one's awareness completely on the present moment, while evenly acknowledging and accepting feelings, opinions, and bodily sensations. Mindfulness is pervasive – a natural part of being human – that has been cultivated and practiced for about 2600 years in various traditions around the world.

Like physical exercise, mindfulness requires some basic training and on-going practices. Here at mindfulforhappy life, we are committed to sharing mindfulness with people of all cultural and religious backgrounds, socio-economic classes, sexual orientations, gender identities, ethnicities, ages and levels of education. Our main intention is to support people in applying the quintessence of mindfulness to every aspect of daily life.

We offer personal stories, practical advice, news-you-can-use and insights that speak to anyone from rookie meditators looking for guidance to corporate managers exploring innovative ways to cultivate workplace engagement and fulfilment. Our course is based on the Mindfulness Based Stress Reduction (MBSR) programme, that explicitly address the negative thought patterns that can increase stress and lead to anxiety and depression. The MBSR is the most recognised mindfulness course, taught all over the world, and systematically proven to help people cope better with stress, dejection and anxiety.



# Introduction to Corporate Mindfulness Program

In today's workplace, we have the skills to transfer information around the world in seconds, meeting face-to-face with people on other countries with a tap etc. Employees are driving themselves to perform more, to achieve more, to do everything faster; all of which seems to result in a fragmented, over-stressed, and hectic way of life.

Our programs teach employees how to respond to the arising complexities, pressures, and uncertainties of the workplace with better balance, clarity, and productivity. Our gentle form of yoga instruction offers employees a chance to release muscular tension through stretching and simple movement even while working.



## Corporate Mindfulness Defined

The Corporate Mindfulness Program offers mindfulness based training and coaching to provide tools for enhanced performance, leadership, wellbeing and resilience. Coaching and workshops integrate scientifically proven practices, psychology, mindfulness and creativity to support individuals and organisations in learning how to harness the power of their minds for better living and working.

Employers in corporate world including Google are introducing Mindfulness programs to their workers as a stress-relief strategy. Corporate mindfulness training includes engaging in various practices that assist to cultivate 'present moment awareness' and help you feel more energized, less stressed, and more self-aware. This increased sense of well being simply leads to greater levels of concentration, better communication and more conscious choices.

## What We Do For Your Organization



Our Corporate mindfulness programs release the innovative aspects of mindfulness—both continuous and disruptive—and boost overall corporate performance.

The course engages two aspects of mindfulness that are often overlooked in foundational and enhanced mindfulness programs:

### Innovative Leadership & Full Team Talent Engagement



We offer a range of classes, tailored for each client to meet the needs and goals of their organization. Hourly, half-day, and multiple week sessions are available during regular work hours, lunch programs, custom retreats, or as one component of corporate off-site training. Our basic program is a six or eight week course aimed to help employees cultivate a sense of balance, focus, and well-being.

### For executives

Corporate Mindfulness Program helps them become talent multipliers. It helps them to listen better, ask questions in more empowering ways and bring out the best in their team members. This releases employees' innate creativity for the benefit of the entire organization and boosts overall corporate performance, including the bottom line.



### For employees

Corporate Mindfulness Program helps them become more engaged and innovative corporate performers. Using our courses helps these contributors better understand how their creativity can make a difference, how to align that creativity with larger goals of the organization and how to become more confident in their ability to advance their best ideas. The result is that employees feel like they are truly making a difference, which increases work satisfaction, which further increases constructive engagement at work. It's a win, win.

Mindful executives report increases in performance from as much as 2 to 8 (out of 10) in six months. Businesses that have employed Mindfulness have realized an average of 25% increase in revenue over a year.



# APPLYING MINDFULNESS IN WORK LIFE



## Mindful Working

Being mindful at work means being consciously present in what you're doing, while you're doing it, as well as managing your mental and emotional state. If you're writing a report, mindfulness will help you to give that your full attention. Each time your mind wanders to other things, You'll be able to just acknowledge the thoughts and bring your attention back to the task in hand.



## Mindful Emailing

People are often less mindful with email than they are with face to face communication. Computer screens have the tendency of creating a "zoned out" state. You don't have to practice mindfulness every time you open an email. However, practicing mindfulness during charged or potentially heated email exchanges can go a long way towards diffusing tensions and pre-



## Mindful Meetings

Let's face it, many people don't love going to a lot of meetings, especially if they are poorly executed. A mindful meeting can help solve this issue. The intention of a mindful meeting is to create the conditions that allow for focused attention, thoughtful responses, deeper connection between participants, and to foster emotionally intelligent participation.



## Making Presentations with Mindfulness

Presentations are stress-inducing events. Mindfulness can help you to reduce stress, and therefore focus more on writing, editing, and practicing your presentation, so that when you're in front of an audience, you are confident, and are better able to sway the audience to your view. Mindfulness helps you know what you want to achieve.



## Making Energy with Mindfulness

You can use a meditation with a combination of relaxation, mindfulness and a gentle smile on your face to lift your mood and energy levels. All mindfulness meditations can lead you to feel more energized because they help to reduce your worrying thoughts, to accept rather than fight the present-moment's experience and thereby reducing the muscular tension.



## Mindful Communication

Mindful communication is all about being present to others. Often when people speak to you, they are actually communicating that they wish to relate to you and hope you can be present to them. The main three steps for effective communication is mindful meditation, mindful listening & responding.



## Mindful Travel

Mindfulness is the healthiest way out of any trap. It emphasizes non-attachment, and it does not put a premium on some emotions over others. Travel will still be a part of mindful lives, but it will be slower, more thoughtful, and more fully lived. If you want to break the stress cycle, then mindful travel is the future.



## Mindful Eating

Mindful eating is nothing but paying attention to our eating methodology. Some of the recent researches have shown that eating mindfully improves digestion, regulates appetite and helps enjoy food much more. It's even called the antidote to dieting, as observing deeply into what we eat is enough to help us make better food habits and avoid overeating.



## Mindful Walking

In order to have peace and joy, you must succeed in having peace within each of your steps. Walking can be another wonderful opportunity to cultivate mindfulness in your body. Your movement while walking can increase your awareness and sometimes this method is considered to be more effective than breathing.

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