

Generation Mindful® works with you in supporting your staff's wellbeing, development and performance.



MENTAL WELLBEING IN THE WORKPLACE



Fiorenza presented an introductory session to staff on mindfulness to coincide with Mental Health Awareness week. The session was very well received by attendees who referred to it as insightful, informative and calming.

Fiorenza's straightforward approach explained how easy it is for all of us to practice mindfulness in our everyday lives whether at work or home. It is definitely a subject that we hope to build on in the future with our staff.

-- Kathryn McConnell, HR Director at Quintain



Fiorenza co-created, organised and executed an event on Mindful Communication. The content was impeccably well thought through and the exercises she ran were engaging and got everybody involved.

There were approx 70 attendees all from a wide range of professional backgrounds. Fiorenza did a great job of sculpting the content so that everyone was able to adapt it to their individual work/lifestyles. I'd highly recommend Fiorenza, she is an absolute delight to work with and an expert in her field.

-- Layla Sargent, Co-Founder at Congress

Mindfulness 101: Talk + Taster Session

Content

- Discover what mindfulness and mindful living are really about and how mindfulness can help you
- Look into research based facts about mindfulness
- Simple tips to practice mindfulness every day
- A short mindfulness practice

Perfect for...

Great solution for Lunch & Learn sessions.
Ensures even your employees with the busiest schedule can attend.

Delivery

Session length: 60min

I will provide a Digital Mindful Living 101 infographics postcard included for each participant (or hard copy delivery could be arranged).

Mindful Mornings: Guided mindfulness meditations

Content

- Experience the benefits of a regular mindfulness practice, in particular with stress reduction
- Start the day with a mindfulness practice

Perfect for...

Corporate Awareness Programs: Wellbeing Week, Mental Health Awareness Week, Mental Health Campaigns (e.g. Time for Change), etc.

Response to a staff crisis, engagement survey, or societal events such as Covid19 pandemic.

Delivery

Session length: 15min.

Minimum booking of 5 sessions (each can have a different theme)

I will provide a workbook to all participants for post-session reflections.

One-Week Immersion Into Mindfulness: Daily Practice + Group Mastermind/Coaching

Content

- Five 20-min daily guided mindfulness practices that I will run live & that will also be recorded to allow for schedule conflicts.

Here are some ideas for the themes (each day would have a different theme):

- Body Scan
 - Walking Mindfulness practice (urban)
 - Raisin meditation (eating a raisin in a mindful way - alternative could be a small piece of chocolate)
 - Mindful eating (lunch)
 - Mindfulness of breathing – body – sounds – thoughts and feelings
 - Passing clouds meditation (looking at thoughts like they were packing clouds, to promote distancing and dis-identification to emotions)
 - Mountain meditation (grounding)
 - Lake meditation (peace, harmony)
 - Standing Meditation (centring)
 - Loving-kindness meditation
- 1-hour collective coaching session at the end of the week to conclude on the mindfulness experience, to engage participants on their personal takeaways, challenges (to which I can respond with recommendations), designing an action-plan to continue the mindfulness journey after the experiential week.

Perfect for...

Awareness Programs: Wellbeing Week, Mental Health Awareness Week, Mental Health Campaigns.

Response to a staff crisis, engagement survey, or societal events such as Covid19 pandemic.

Delivery

All sessions delivered over one week.

I will design and provide a workbook for each participant. It will include questions to help them reflect on their mindfulness experience, deepen their practice and expand their awareness further.

One-Day Immersion Into Mindfulness: Talk + Small Group Coaching

Content

- 45min talk on how mindfulness can help with mental health issues and stress reduction
- 60min small group coaching sessions (generally up to 5 participants) including a personalised action plan for each participant and a 20min mindfulness practice

Perfect for...

Awareness Programs: Corporate Wellbeing Week, Mental Health Awareness Week, Mental Health Campaigns.

Response to a staff crisis, engagement survey, or societal events such as Covid19 pandemic.

Delivery

Sessions delivered over the same day.

I will provide a Digital Mindful Living 101 infographics postcard included for each participant (or hard copy delivery could be arranged).