

Shape Your Path To The Present



Over 25 years of scientific research shows that mindfulness reduces stress and boosts resilience.

That's why we combine mindful best practices with personalization for all of your professional development needs.



Sample Personalized Mindfulness Proposal

info@personalizedmindfulness.com
(800) 285-5220
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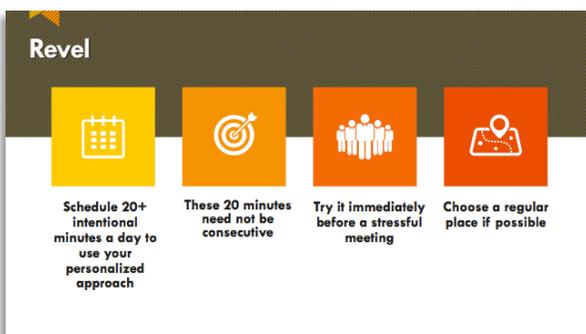
Module 1 – Becoming the Eye of the Storm: Introduction to Personalized Mindfulness in the Workplace & Beyond

Mindfulness is a universal, secular muscle that promotes self-care. Participants learn five practical steps to create custom mindfulness exercises for stress-reduction. This is a great foundation our other modules and ultimately sharing this indispensable tool with others.

Intended Audience – All employees

Formats - On-site or virtual: single or series workshop, keynote, team day, and/or worksheets

Length - Varies from 1-4 hours depending on your needs



Learning Goals:

Understand Mindfulness

- Define mindfulness as a universal and secular muscle
- Debunk common myths

Appreciate the Interrelated Benefits of Mindfulness

- Stress-reduction
- Improved resilience and happiness
- Community-building
- Other benefits described by *The National Institutes of Health*

Accept and Honor Stress

- Allow participants to voice their stress in real-time
- Brief overview of the physical and mental effects of stress

Untangle Stress

- Guided visualization that reminds participants they are more than the stress they experience

Design and Build Personalized Mindfulness Practices

- Complete a self-inventory that measures each participant's individual strengths and learning styles
- Participants choose customized mindfulness practices based on the results of their self-inventories

Scale and Sustain Personalized Mindfulness Practices To Gain Their Benefits

- Participants learn how to consistently undertake their favorite mindfulness practices and gain all the benefits

Questions, Answers, and Feedback

- Summarize major concepts
- Participants ask follow-up questions and complete a feedback survey

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Module 2 – The Power of Mindful Communication: Curating a Culture of Trust & Teamwork

Gain practical tools that can be quickly implemented to forge a positive work environment. This workshop’s proven techniques enable participants to become better listeners and choose their words with compassion – before sharing them with themselves and their co-workers.

*Intended Audience – All employees
Formats - On-site or virtual: single or series workshop, keynote, team day, and/or worksheets
Length - Varies from 1-4 hours depending on your needs*

Learning Goals:

Understand The Relationship Between Mindful Communication and Your Work Culture

- Define mindful communication as listening and speaking to ourselves and others with deep awareness and heart
- Explore the repercussions of this for your work culture

Cultivate A Foundational Posture of Courage

- Learn how to maintain an open, non-judgmental heart for difficulties that arise

Practice Mindful Listening With Yourself

- Revel in the “Mirroring Your Heart” guided visualization

Implement Mindful Listening With Others

- Learn best practices for using the greatest gift we can offer others (and ourselves!): Our deep awareness and heart

Practice Mindful Speaking With Yourself

- Appreciate the gap between thoughts and words
- Master the “4 Requirements of Mindful Speech”

Implement Mindful Speaking With Others

- Learn best practices for using the “4 Requirements of Mindful Speech” in a work setting and implementing other mindful strategies such as honoring everyone’s voice, the power of mindful humor, etc.

Questions, Answers, and Feedback

- Summarize major concepts
- Participants ask follow-up questions and complete a feedback survey

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5 Steps To Mindful Communication in the Workplace & Beyond

- 1) **Courage: Foundational Posture**
- 2) **Mindful Listening to Yourself**
- 3) **Mindful Listening to Others**
- 4) **Mindful Speaking to Yourself**
- 5) **Mindful Speaking to Others**

Mindful Listening to Yourself

Visualization: Mirroring Your Heart

Imagine If You Said Everything You Thought...Yikes!

- Mindfulness reveals the gap between thoughts and words
- Notice the rungs on that bridge...

Summary

Mindful communication is listening & speaking to yourself & others with deep awareness and heart

Courage: Start All Events w/ a Mindfulness Exercise	Listen To Yourself: Mirror Your Heart Meditation	Listen To Others: Honor Everyone's Voice	Speak To Yourself: Kind? Necessary? True? Beneficial?	Speak To Others: "Wait...I Need Your Help."

“Thank you for your talk. That minute of meditation and your questionnaire set me on the right path for discovery of myself and the world around me. It’s important to show gratitude to those who help us along the path, and so you have mine.”

*Ryan S., Software Developer
Squarespace*



Additional Modules



Mindful Problem-Solving Under Pressure

The clarity of thought that flows from mindfulness allows practitioners to gain a 360-degree, overhead view of situations. In so doing, they are better able to make effective decisions and forge innovative solutions.

Mindful Approaches to Public Speaking

Experience fun, mindful techniques proven to create oration sensations out of even the most fearful participants.

Essential Mindfulness-Based Time Management Techniques

Juggling 25 things at once? This module helps the overwhelmed mindfully reframe their responsibilities. In turn, attendees can more easily prioritize and execute actionable goals under deadline pressure.

Mindfulness for Senior Executives

This module offers your organization’s senior staff practical best practices for mindful leadership development, self-care, and creative problem solving.

Mindfulness for New Employees

The first few weeks of a job often present employees with steep learning curves on multiple fronts. This module equips new employees to weather such social, emotional, and content-specific challenges through the power of mindfulness.

A Mindful Path for Cultivating Creativity

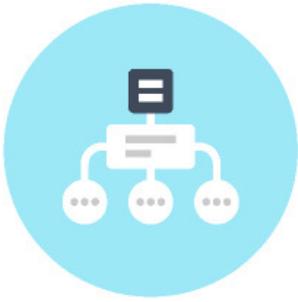
This module empowers your organization to innovate novel ways of conducting business. This results in greater efficiency and cost-saving.

Don’t See a Topic of Interest? We’ll Make One For You.



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Additional Services



We create, integrate, and launch the following personalized mindfulness supports for your needs:

- Worksheets and other training materials
- Central mindfulness internal website: A hub for information sharing, webinar access, etc.
- Templates for including mindfulness engagement into professional evaluations
- Ongoing refresher courses, mentoring, and programs about different aspects of mindfulness
- Weekly surveys to ensure accountability
- Integration into other professional development activities and meetings
- Mindfulness groups that meet during lunch and/or after work
- Regular check-ins, progress monitoring, and coaching

“Thank you so much for teaching us about mindfulness. I found myself looking forward to red lights since your talk. Those few minutes are suddenly relaxing...I also look forward to using the storm analogy when I find myself very anxious.”

Kavita S., Resident
Harlem Hospital Center



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Meet Your Presenter

Drawing on over ten years of experience, Nick Mosca empowers people to align mindfulness practices with their interests, reduce stress, and reclaim their lives.

Nick co-hosts on WABC Radio and has presented at Yale University, Harlem Hospital Center, Squarespace, Columbia University, the Healthcare Chaplaincy Network, mindSpark Learning, Ridgewood Public Schools, and The Milken Scholars Program, among other venues. Moreover, Nick is the author of *Read 'Em and Sleep: Mindfulness-Based Insomnia Relief* and his writing has appeared in *Psychology Today*. He is also the elected Research Chairperson of The Association for Applied and Therapeutic Humor.

Nick holds a Master of Divinity degree from Harvard University where he studied mindfulness and won The Billings Prize for inspiring behavioral change. During his undergraduate studies, Nicholas earned a B.A. in English (magna cum laude) from Georgetown University.



Nick Mosca, M.Div.
Co-Founder

“It’s rare that you come across talent like Nick Mosca. Nick has conceptualized a way to support clients in creating and implementing personalized mindfulness. Delivered with soul, humor, and expertise, Nick’s delivery and learning supports are second to none.”

*Mary Lisa H., Learning Strategist
mindSpark Learning*

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