



## Creating a Mindful Workplace Community

The workplace in the past 30 years has undergone significant changes and continues to evolve in profound ways. There is a humanistic, cultural shift towards authenticity and intention at the individual, team, and organizational level.


**Creating a Mindful Workplace Community** is *our* answer to actualizing a "new paradigm" that will empower employees at all levels making your organization optimally productive. Inspired by the Mindfulness practices of moment-to-moment intention, awareness, and right-striving for productivity, a **Mindful Workplace Community** is created by employing our three-step approach:

1. **Becoming Authentic:** A journey of self-awareness resulting in authenticity. Authentic people embody effective communication and candor creating an environment of compassion, skillful conflict management, and empowerment.
2. **Commitment to Team:** A commitment to team and organization which creates and inspires trust and morale. Highly functioning teams embody productivity with gratitude and intentionality – a mastery of relationships and tasks.
3. **Mindful Workplace Community:** The outcome of creating a Mindful Workplace Community is the embodiment of agility and responsiveness at the cultural, system-wide level.

Your organization can be a Mindful Workplace Community and experience outcomes such as:

- ◆ Team cohesion
- ◆ Heightened employee and customer morale
- ◆ Improved strategic execution
- ◆ Enhanced innovation
- ◆ Retention of talent
- ◆ Improved ability to handle conflict
- ◆ Improved communications and candor
- ◆ Improved decision-making
- ◆ Reduced absenteeism and presenteeism
- ◆ Reduced stress
- ◆ Enhanced resilience
- ◆ Heightened employee and customer loyalty
- ◆ Joyful staff = happy customers/clients

***Your journey to create a Mindful Workplace Community begins here in this moment...***

- ◆ Watch this YouTube video: <http://youtu.be/XIaJ43NBJ4o> 
- ◆ Contact us to discuss your individual needs, the value this work holds for your organization, and the steps to creating and sustaining your **Mindful Workplace Community:**  
[coaching@catalysthealthysolutions.com](mailto:coaching@catalysthealthysolutions.com)