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Industry Outlook

The massive workplace disruption caused by COVID-19 and radical shifts to daily work habits are presenting a perfect opportunity for companies to demonstrate a commitment to their employees.

Industry Outlook

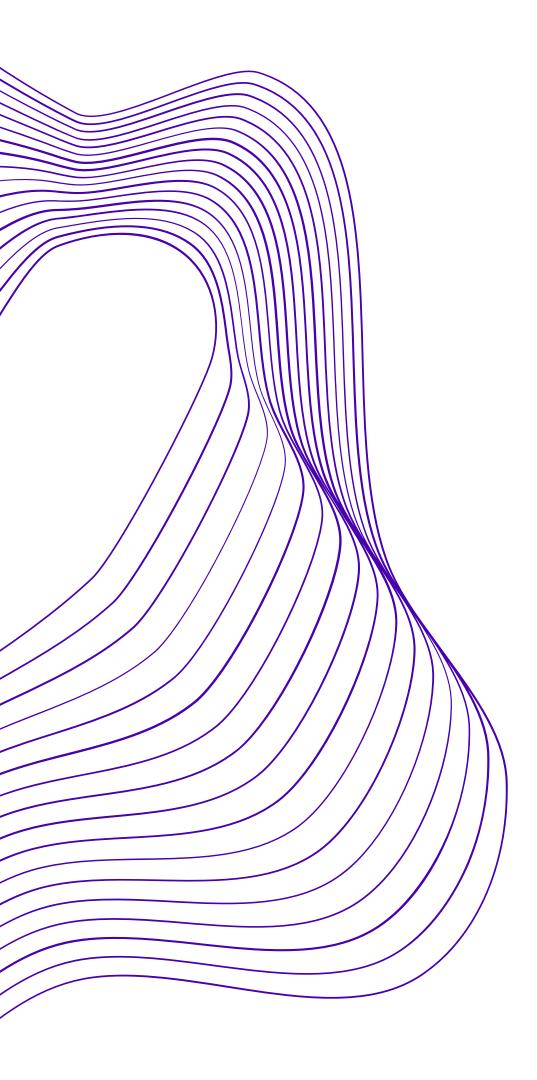
Now more than ever, employees are seeking support for feelings of anxiety, restlessness and despair.

Learning how to calm the mind, and develop a sense of compassion and connection are vital skills.

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Mindfulness, defined as the simple practice of paying attention to the present moment non-judgmentally, has a long history globally, and for the last 50 years or so has been used in multiple settings to help alleviate stress, build focus and develop compassion.





Why we offer mindfulness in the workplace

Increase Focus Reduce Stress

Rapid Recharge

Allow us to support your team through this crisis by providing evidence-based training in mindfulness.



Community-based learning has the power to profoundly impact company culture by demonstrating a commitment to individual wellbeing by offering tools that have been shown to reduce stress, enhance self-care and strengthen resiliency.

At Mind Body Shine, we believe that mindfulness practices offered to employees live and within a community setting rather than simply through impersonal mindfulness apps is the most powerful and effective way to learn.

By doing so, employees will have real-time opportunities to connect with one another, cultivate mindful listening, healthier communication, and the kind of strong relationships that support a cohesive and collaborative work environment.

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The employees who participate in this workshop will learn basic skills to become more attuned to their emotions, increase capacity to tolerate distress and build resilience.

What the studies say...



Positive emotions promote and foster sociability, altruism, effective conflict resolution skills, and measured success.

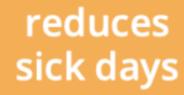


Workplace studies prove that emotional competencies predict performance, effectiveness, and wellbeing.



Emotions drive learning, decision making, creativity, relationships, and health.

https://www.mindful.org/mindfulness-can-improve-strategy/ https://hbr.org/2016/05/mindfulness-can-improve-strategy-too



increases trust in leadership

boosts employee engagement

Unleashing the power of mindfulness in corporations

On an organizational level, mindfulness reduces sick days, increases trust in leadership, and boosts employee engagement.

What's more, mindfulness helps to unlock the full potential of digital and agile transformations. New processes and structures are just the starting points for these transformations.

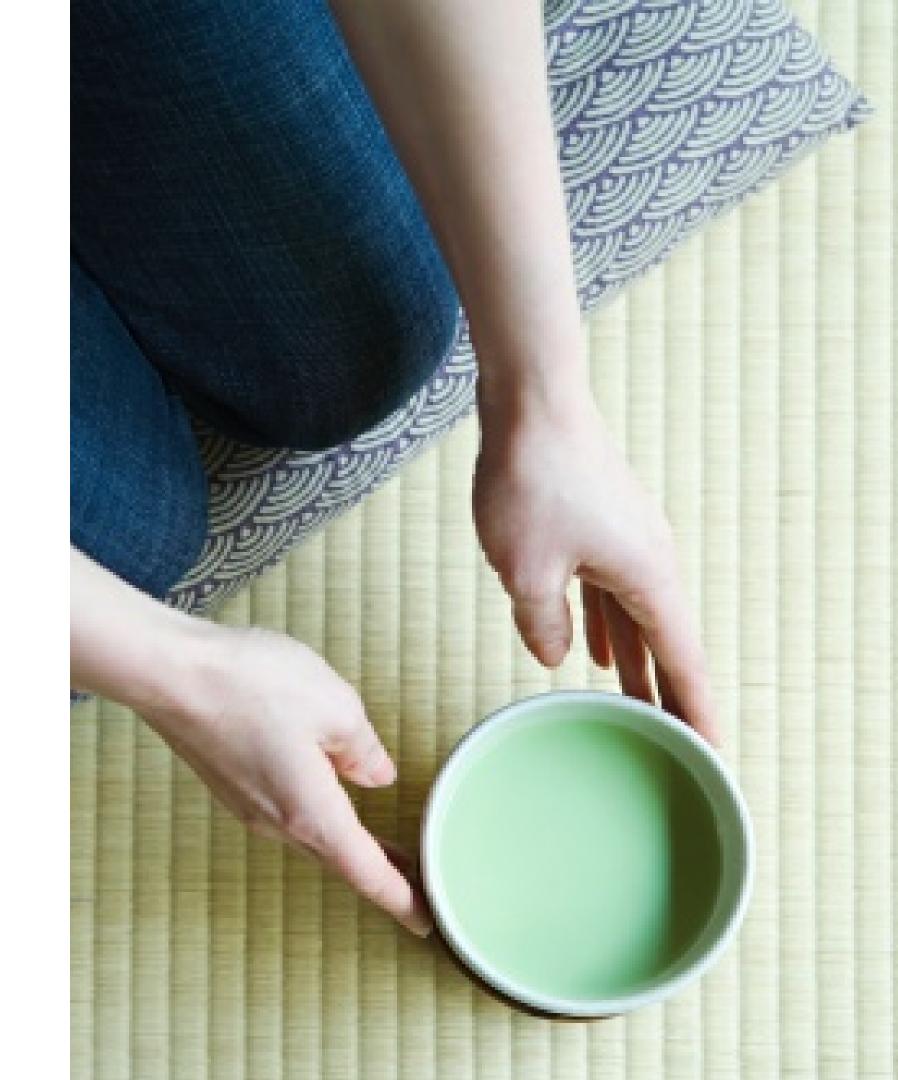
Why Tea Drinking?

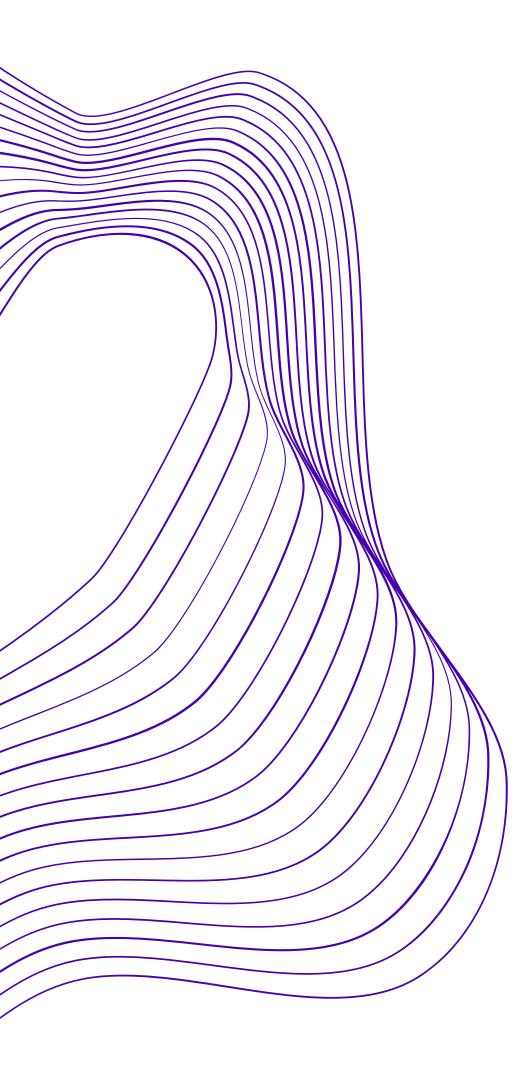
While formal sitting practices can be beneficial, it may not come easily to someone who is new to mindfulness, especially if he/she is in a restless, anxious state of mind. In these instances, informal practices like walking, eating or tea-drinking may be less daunting. A gentle and simple way to begin, it is no less effective in its ability to bring us into the present moment to calm our minds.

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"In my own hands I hold a bowl of tea; I see all of nature represented in its green color. Closing my eyes, I find green mountains and pure water within my own heart. Silently sitting alone and drinking tea, I feel these become a part of me."

Sen Soshitsu, Urasenke Tea Master XIV, Urasenke School of Japanese Tea Ceremony.





Benefits of Mindful Tea-Drinking

Sensory Awareness Cultivate Focus

Develop Gratitude

Sensory awareness means tuning in to our senses in the body and it always happens in the present moment; this act of tuning in helps to bring us into the reality of here and now.

When we are not present, we often act on autopilot and are driven by habit and impulse. By deliberately choosing to attend to an activity like drinking tea, we slow things down and learn to direct attention consciously. By doing so repeatedly, we cultivate the capacity to focus.



When we are not present, life slips away and emptiness sets in. Mindfulness fills our hearts by helping us discover gratitude and the interconnections between everything. Through mindful tea drinking, we start to ponder where our food comes from, how it is produced, and appreciate the journey it's taken to reach us.

We start to see the invisible threads that join

us with everyone and everything around us.

Structure of the Workshop

The Mindfulness Discovery Session will take place in 3 parts:

Part 1 - Introduction

Introduction to the background, philosophy and benefits of mindfulness.

Part 2 - Experience

Interactive teacher-led mindful tea drinking practice on developing sensory awareness, focus and gratitude.

Part 3 - Discussion

Group sharing to foster connectedness and compassion; which enriches the overall experience.

Mindful Tea Drinking













Tiffany Wee Founder of Mind Body Shine Naturopath, Nutritionist & Mindfulness Coach

Practicing from a functional medicine perspective, Tiffany specializes with passion in children's health, women wellness, weight-loss and the management of digestive, skin and chronic disease. She is recognised and much loved by her clients for her warmth, efficiency and expertise in helping them achieve their health and wellness goals.

Believing firmly in the mind-body connection, Tiffany is also trained as a mindfulness coach by the prestigious UCSD. She runs regular mental-health workshops and retreats, and is a content creator for the mindfulness app MindFi.

Her corporate clients include Google, Zurich, AutoDesk, Metro, ION Orchard, PayPal, Aventis School of Management and TripAdvisor. She is also an international brand ambassador for Aveda, Jeric Salon and NuZest.



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