

Corporate Mindfulness Made Easy & Fun

Join us in fostering a culture of resilience, success and vitality, where well-being isn't just a goal but a way of life.



Karina Tatarova
Mindart Founder

About Us

We help you reach your ESG, CSR and company wellness goals easily, effectively and joyfully.

Why Choose Us?

- ✓ Achieve ESG/ CSR Goals & Reporting.
- ✓ Time & Cost-Effective solutions: from company-wide strategies to workshops.
- ✓ Relevant, Measurable, Specific.
- ✓ Science-Based, Practical, Applicable.
- ✓ Exceptional, Experienced Facilitation.
- ✓ Varied options (see), tailored to your needs, goals, budget and schedule.



**Bringing you best CM tools
from the U.S., Australia, Asia
and Europe.**



Mindart
Corporate Mindfulness

Connecting with Us is
the First Step to Progress
info@mindart.pro
partnerships@mindart.pro

**We Help You
Reach
New Hights**

Brochure Content

What is CM? Why it matters?

Our Services

CORE Services

- ✓ Introduction to CM Training
- ✓ Corporate Mindfulness Training Course 6/8-weeks
- ✓ Corporate Mindfulness & Sustainability (ESG/CSR compliance)
- ✓ Specialized Workshops
- ✓ Playful Corporate Mindfulness
- ✓ Weekly Classes Program

ADDITIONAL Services

- ✓ ESG/CSR Reporting
- ✓ Mindful Leadership Training
- ✓ Mindfulness Workplace Strategy
- ✓ The Mindful Calendar 2025
- ✓ Mindful Employee Toolkit

Specialized Workshop Ideas

Benefits of CM: Statistics

Contact us

What is Corporate Mindfulness (CM)?

Corporate mindfulness is a scientifically proven methodology to help employees to cope with daily stress, prevent and recover from burnout, increase focus, improve attention span, decision-making, innovation, problem solving and boost productivity. It can also facilitate greater creativity, confidence, collaboration, joy, compassion, a sense of awe, kindness, gratitude and communication within the workplace.

What is Mindfulness?

Mindfulness is the practice of being fully present and engaged in the current moment, without judgment or distraction.

Mindfulness is the art of paying attention, on purpose, in the present moment, without judgment. It's about cultivating a mindset of clarity, compassion, and curiosity, allowing us to embrace life's challenges with resilience and grace. Through mindfulness, we unlock the innate wisdom within ourselves, fostering deep connection, creativity, and well-being in every aspect of our lives.

**“You can’t stop the waves,
but you can learn how to surf.”**
John Kabat-Zinn

Why YOU should care about CM?

BENEFITS OF CORPORATE MINDFULNESS

- ACHIEVE YOUR ESG AND CSR GOALS AND REPORTING (Our programs, especially the Mindfulness and Sustainability programs are tailored to that)
- INCREASE EMPLOYEE ENGAGEMENT
- REDUCE & MANAGE STRESS BETTER
- PREVENT BURNOUT
- IMPROVE EMPLOYEE PERFORMANCE
- IMPROVE CREATIVITY & INNOVATION
- IMPROVE EMPLOYEE HEALTH
- SAVE HEALTHCARE COSTS
- BETTER FOCUS
- LOWER ABSENTEEISM
- LOWER PRESENTEEISM
- LOWER TURNOVER
- GREATER EMPLOYEE SATISFACTION
- BETTER WORK CULTURE OF KINDNESS, GENEROSITY, COMPASSION
- BETTER TEAM WORK
- IMPROVIZATION & CHANGE-MANAGEMENT SKILLS
- SELF-CARE SKILLS
- CULTIVATE RESILIENT, HEALTHY AND HELPFUL LIFE ATTITUDES, SKILLS AND BEHAVIORS
- and many more!

** We can provide detailed statistics and research for each benefit. [SEE HERE.](#)

Core Services

✓ Introduction to CM Training

An introductory session in applied corporate mindfulness meditation for people with or without previous meditation experience. Learn what mindfulness meditation is and how to practice.

Benefits

- Provide participants with a better understanding of what mindfulness is, its different ways to practice, the benefits and how they can learn to practice it.
- A great way to excite and motivate teams to learn more about mindfulness on their own or inspire interest in running a longer mindfulness training.
- In addition to being informational, the session is experiential - including some basic mindfulness practices and tips people can start using beyond the session.

Duration: 1 hour to 1 Day

Price: Starting at 600 EUR

Location: On site at your offices or online

Packages & Discounts when booking with other services

✓ Corporate Mindfulness Training 6 - 8 Week course

A powerful in-depth development of the essential mindfulness skills, knowledge and practices week by week.

Benefits

Cultivate skills like:

- Get out of automatic pilot & default mode.
- Recover from daily stress & prevent burnout.
- Improve and regulate breathing, eating and sleeping habits.
- Better focus, performance & time management.
- Staying calm in stressful situations.
- Manage internal states, impulses and resources with greater awareness.
- Skillfully deal with distraction, perfectionism, and procrastination.
- Learn basic mindful communication.
- Improve thinking & emotional habits.
- Get out of mental and emotional loops.
- Develop self-care and kindness skills.
- Improve resilience & compassion skills.
- Enhance reflection, pausing, creativity.
- Increase self-confidence and self-esteem.

Duration: 6-8 Weeks

Price: Get in touch

Location: On site at your offices or online.

Packages & Discounts when booking with other services

✓ Custom Workshops

Tailor made mindfulness workshops on a specific theme that helps your team address a current challenge or explore new topics.

Benefits

- Dive deeper in a specific theme, for example “Getting out of automatic pilot”, “Improving eating/breathing habits”, “Staying calm in challenging situations”, “Mindful communication” etc.

See a full list of workshop ideas at the end of the brochure ([click here](#)).

- Gain specific mindfulness skills.
- Targeted problem/ solutions.
- Increased relevance.
- Enhanced engagement.
- Demonstrated commitment.
- Quick but measurable impact.
- Refreshing inspiration for the team.

Duration: 60min - 3hours.

Price: Starting at 800EUR

Location: Online or in-person.

Packages & Discounts when booking with other services

Core Services

✔ Corporate Mindfulness & Sustainability Course (ESG/CSR compliance)

Easily achieve your ESG and CSR objectives, improve sustainable leadership and action. Our sustainability programs are designed to help your organization transform from within.

Benefits

- All the benefits of our Corporate Mindfulness course.
- **PLUS** an expanded curriculum, trainings and specific actions on either ESG or CSR that you can integrate in your company to further your legal requirements set out by the European Directives or the National Legislations in your country.
- Sustainability & Mindfulness Intersections.

✔ Playful Corporate Mindfulness

We learn much faster when we learn through play, calmness and joy. This is a very special take on our corporate programs, in which play, fun and creativity take the lead. We use a combination of improvisation, theater, storytelling, social circus, experiential and embodied learning to teach valuable stress reduction, awareness skills and mindfulness concepts in action.

Benefits

- A more lighthearted, playful and non-traditional approach to corporate mindfulness.
- A fun, exciting and inspirational alternative to traditional mindfulness training for your team if your team 1) already had mindfulness trainings and you're looking for something different; 2) you want to introduce CM and feel like your team might respond better to an alternate approach.

✔ Weekly Mindfulness Classes 15min - 60 min

Weekly wellness classes in a 3-6-9 month program, adapted to the timing and schedule of your team. You can choose a la carte for themes for each session, or we can pre-structure them for you based on the goals we set together.

Benefits

- Provide the space for daily reset.
- Provide space for mindful habit building, engagement and community.
- Create and structure an ongoing initiative, according to themes and schedules that you believe most employees will utilize.
- **Lower investment in time and costs.**
- Great ongoing initiative.
- Ideal as a follow up to a course, retreat or training to ensure continuity.
- Ideal if you don't have the budget for in-depth training but would like to take steps in building a mindful culture.

Duration: 10 Weeks

Price: Starting at 9000EUR.

Location: On site at your offices or online

Packages & Discounts available when booking with other services

Duration: 1 - 3 Day RETRAT /8 week program

Price: Get in touch.

Location: In person

Packages & Discounts when booking with other services.

Duration: 15 min - 1 hour.

Price: Depends on class duration, number of classes and people attending.

Location: Online or in-person.

Packages & Discounts available.

Additional Services

✓ ESG/CSR Reporting

We can create a report in line with ESG/CSR for you based on the educational and training services we have provided. You can use it alongside your other activities to report and prove your yearly commitment to ESG/CSR.

Benefits

- Easier CSR/ESG reporting.
- Save time.
- Save costs.
- Save resources.
- Ensure your company is competitive and moving forward with the culture and workplace strategies it needs to remain relevant and successful.

✓ Mindful Leadership Training

Learn how to use mindfulness to help with your leadership challenges. Get the calmness and clarity you need to make decisions and manage effectively. Leading with mindfulness doesn't replace other leadership methods - it helps you to use them better.

Being a manager has always been challenging, but today leaders are facing unprecedented change and complexities. Technology, never-ending change and innovation pushes, and constant availability produce information overload and generate chronic stress, anxieties, high blood pressure, overload of thoughts, a sense of disconnection. Let mindfulness help with that!

Benefits

- All the CM course benefits PLUS.
- Mindfulness in Leadership Modules.
- Discussion & inquiry into specific problems YOU have and using mindfulness to address them.

✓ Mindfulness Strategy & Implementation Plan

A structured plan outlining how an organization will integrate mindfulness principles, practices, and initiatives into its operations and culture to foster well-being, resilience, and performance.

Benefits

- Long-Term Sustainability: By outlining clear objectives, action plans, and accountability measures, a strategy ensures that mindfulness initiatives are sustained over time, rather than being short-lived or sporadic event, but no follow up. It provides guidelines, saving time, money & energy.
- Alignment with Organizational Goals.
- Cultural Transformation.
- Leadership Commitment.
- Employee Engagement.
- Measurement and Evaluation.
- Risk Mitigation.
- Competitive Advantage.
- Overall Organizational Health.

Pricing: Get in touch and we can give you a quota based on your needs.

Duration: 4-8 weeks or Retreat format

Price: Get in touch.

Location: Online or in-person.

Pricing: Get in touch and we can give you a quota based on your needs.

Additional Services

✓ The Mindfulness Calendar 2025

A unique physical book-calendar tool, created by us to help integrate and practice mindfulness daily in a fun, pleasant and non-intrusive way.

- 365 quick, practical, FUN and science-backed things to do every day of the year to improve an area of your life (physical/mental/emotional health, relationships, work-life balance).
- 1 min + 5 min guided meditations.
- Accessible 1 pagers on what is mindfulness and mindfulness attitudes.
- 9 Additional Inner Superhero worksheets.
- Reflection Sheets.

Benefits

- **Can be personalized with your branding.**
- **A wonderful end-of-the-year-gift.**
- Daily Mindfulness **without screen time.**
- Indirectly influencing work culture.
- **Practical reminders** on your desks.
- Great for little **team** moments of CM.
- Cost-effective.
- Prove your wellness commitment.

Pricing: Get in touch and we can give you a quota based on the order size.

✓ Mindful Employee Toolkit

Let's create your personal mindful employee toolkit. The MET is a comprehensive resource that you can distribute and equip employees with practical mindfulness techniques and resources to enhance well-being, resilience, and performance in the workplace.

Benefits

- Promote mindful culture implementation.
- Customization: Tailored to your work culture, stressors and workflow.
- Accessibility.
- Practical application.
- Scalability.
- Comprehensive resource.
- Long-term value.
- Employee engagement.
- Can help to promote, measure and sustain mindful interventions' impact.
- It is in itself a measurable impact action.

Pricing: Get in touch and we can give you a quota based on your needs.

**Have more questions
about our services?**

**Get in touch and we can
help you find the best
solutions.**

**You have plenty on your
plate already.**

Workshop Ideas & Inspiration

Mindfulness Basics: from stress and struggle to calm and focus.

Mindfulness: Basics how presence can be the key to unlocking health, happiness and success.

Getting out of an automatic pilot - an alternative to stress, presenteeism and absenteeism.

Attention management: Developing calm, focus and increasing productivity.

Stress management: Feel more grounded and resilient.

Chronic stress: what it is and how to manage it.

How mindfulness can help you to prevent exhaustion and burnout.

Nature & sensory mindfulness for recovery from screen use, overthinking and stress.

The 8 Positive habits for increasing human resilience.

Undoing the negativity bias by taking in the good.

How to stop killing your own creativity.

Mindfulness of thoughts: How to not be a victim of your own thinking.

Emotional balance: Getting less shaken by difficult thoughts and emotions.

Mindful Self-Talk & Nonjudgement.

Procrastination: What it is and how to manage it.

Developing (self-) compassion, empathy and trust with mindfulness.

Develop self-confidence and presence.

Practice & play with assertiveness.

Fuelling for energy: The what and how of mindful eating.

Finding your sleep (again).

Mindful stretching and (desk) yoga.

The secret daily reset. What is deep relaxation (yoga nidra).

Mindful deep stretching for releasing tension and pain.

Myofascial release workshop for desk pain.

Counter the negativity bias and shift towards more positivity.

Polyvagal theory: How to strengthen your nervous system.

Energy management: Living and working in balance by increasing your inner resources.



(Some) Statistics on Corporate Mindfulness Benefits

Health & Performance

Stress Reduction

According to a study published in JAMA Internal Medicine, mindfulness-based stress reduction programs have been shown to reduce stress by 32% on average.

Prevent Burnout & Improve Health

Research published in the Journal of Occupational and Environmental Medicine found that employees in mindfulness programs experienced a 20% decrease in burnout symptoms. Not only that but mindfulness-based interventions reduce medical symptoms by 28% in patients with chronic illness, meaning employees with chronic illness can improve their health & productivity.

Improve Employee Focus And Performance

Mindfulness interventions improve employee focus and cognitive performance by 14%. (Source: Journal of Management). Employees who practice mindfulness meditation show a 10% increase in attention and working memory. (Source: Frontiers in Human Neuroscience). Mindfulness training is found to enhance sustained attention by 20% in individuals.

Saving Costs

Save Costs in Healthcare

Organizations implementing mindfulness programs see a **25% reduction in healthcare costs related to stress-related illnesses**. (Source: Journal of Occupational Health Psychology).

Save Costs in Absenteeism

Companies implementing mindfulness programs report a 30% reduction in absenteeism rates. Mindfulness interventions overall decrease unscheduled absenteeism by 25% in employees.

Save Costs in Presentism

Mindfulness programs reduce presenteeism costs by 20%. Organizations investing in employee well-being through mindfulness initiatives experience a 15% decrease in presenteeism-related losses. Mindfulness interventions lead to a 20% reduction in presenteeism hours in employees.

Save Costs in Turnover

Companies prioritizing employee well-being through mindfulness initiatives experience up to a 40% decrease in employee turnover. (Source: Harvard Business Review)

Innovation & Culture

Improve Creativity & Innovation

Mindfulness training enhances creative thinking by up to 50%. (Source: Creativity Research Journal). Mindfulness practices increase divergent thinking by 19%. (Source: Mindfulness). Mindfulness interventions enhance creative problem-solving skills by 25% in individuals. (Source: Journal of Creativity and Business Innovation).

Better Team Work

Teams with members who practice mindfulness show a 35% increase in collaborative behaviors, improving team cohesion by 22%. Mindfulness training enhances communication skills by 18% in team members.

Better Work Culture

Organizations promoting mindfulness report a 25% increase in kindness and compassion among employees. (Source: Journal of Business Ethics). Employees who practice mindfulness exhibit a 27% increase in prosocial behaviors and show a 30% increase in empathy levels.

Better Work Culture

Companies experience up to a 30-45% increase in employee satisfaction. Employees practicing mindfulness report a 40% increase in job satisfaction.

Corporate Mindfulness Made Easy & Fun

The benefits of CM are many and have a wide reach: impacting families, workplaces and communities.

We are excited and grateful to contribute to creating a healthier, happier and more sustainable world together. We offer significant discount rates for startups, NGOs and local communities dedicated to making a difference.



Contact Us:

www.mindart.pro
info@mindart.pro
partnerships@mindart.pro
Molenwerf 4E5
Amsterdam, Noord Holland
The Netherlands



We Help You Reach New Heights