

---

# MINDFULNESS

## Professional Development Proposal

---



### Executive Summary

Ivy Child International's (Ivy Child) professional development program provides mindfulness education to organizations seeking to create a healthy, harmonious, productive, and innovative environment. We are committed to providing employees with the tools to develop a system wide practice that can be integrated into work and life. Programs can be customized to serve the specific needs and interest of your organization.

## Mindfulness in the Workplace

---

### What is Mindfulness?

Mindfulness is the practice of being aware, awake, alert in the present moment with ourselves and our surroundings; using breath as the anchor. Deep breathing exercises and self-reflection allow us to pause and respond skillfully to any given circumstance. Combined with meditation and movement, mindfulness helps individuals cope with stress, regulate their emotions, and adopt healthy habits.

### Why is it needed?

Stress is a serious problem for working professionals worldwide. Research shows it causes anxiety, illness, burnout, fatigue, memory loss, inability to focus, impulsivity, irritability, trouble sleeping, etc. *91% of all workplace accidents (specifically personal injuries) are due to human error.* When left unmanaged, employees experience poor health, decreased performance, increased human error, reactivity, and negative relationships.

### Why is it beneficial?

Mindfulness in the workplace is proven to:

- Boost focus, attention, and memory.
- Enhance performance and productivity.
- Improve self-regulation and emotional intelligence.
- Reduce and manage stress.
- Strengthen the muscles and immune system.
- Reduces distraction-related injuries and increases employee safety.
- Increase engagement, morale, and performance.
- Bring a greater sense of unity and sustainable health practices to the classroom.

The effects of mindfulness, when practiced diligently, can be immediate and long-term.

## The Methodology

---

Organizations can benefit from fostering mindful wellness, leadership skills to enhance performance, and inclusive cultures of caring, compassionate, and mindful behaviors in their staff and the communities they serve. Ivy Child International offers a series of Professional Development seminars designed to introduce mindfulness strategies that help support a self-sustaining and expanding mindfulness environment. Our recommended prerequisites:

1. Introduction to Mindfulness and Wellness Strategies
2. Mindfulness Strategies and Interventions (In the workplace)
3. Mindful Leadership and Performance
4. Creating a Mindful Culture (at work)
5. Building Mindful Spaces (in the workplace)
6. Developing Mindfulness Ambassadors and the Mindfulness Multiplier Effect - How can YOU multiply mindfulness?

All programs can be tailored to your site. Our goal is to help individuals develop a higher quality of well-being, productivity, and balance in all aspects of their work and life.

## About Ivy Child

---

### Who We Are

Established in 2011, Ivy Child International is a Massachusetts-based 501(c) (3) nonprofit devoted to universal mindfulness education, prioritizing the multicultural needs of children and communities. We bring culturally-tailored programs to diverse educational systems and communities, with a special focus on urban populations. Currently Ivy Child has provided over 125 campus, community, and professional development programs. Our Mindfulness-Based Learning (MBL) curriculum brings together meditation, deep breathing, creative movement and the arts to help build resilience, self-regulation, and healthy habits for life.

### Vision

To develop mindful leaders who engage and impact social change, creating a culture of peace.

### Mission

To provide universal mindfulness education to children and communities, prioritizing urban populations and their multicultural needs.

## Request a Customized Program

---

For more information or to discuss your customized program and pricing options, please contact:

Shan Koay  
Community Programs Manager  
skoay@ivychild.org  
(617) 992 0665

