



Practices Proposal: Mindfulness Meditation

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“Whether you realize it or not, you are resilient. It’s your birthright. As you take in your next breath, know this truth.”

Fabio da Silva Fernandes
Podcaster
The Stumbling Spirit

About me

For most of my professional career, I worked in the tech industry as a customer support leader. Almost a decade ago, I began my mindfulness journey, incorporating the practice of presence into my life on a regular basis. In my pursuit of personal wellness, I attained several mindfulness certifications. In 2018, I started my Reiki training and have since become a certified Reiki Master and Teacher of this holistic modality. In 2021, I left my career in tech to launch my own wellness business called Resting Bell Wellness Inc., which is now branded under the name of my podcast, The Stumbling Spirit.

Purpose & Value

For many organizations, employee engagement is a benchmark for measuring workplace morale and staff satisfaction. In this post-Covid world, some companies are striving to find ways to reconnect with employees and create opportunities for them to relate with one another after years of isolation and working from home. Leaders who want to improve corporate culture often hold team building events, i.e. PD days, workshops and conferences. One way to set the tone for a full day of break-out sessions and important discussions is mindfulness. By interspersing my mindfulness practices into your day's agenda you will:

- **Inspire an atmosphere of calmness and openness**
- **Foster trust and collaboration**
- **Encourage honest and effective communication**

These qualities are essential to truly understand your team, get to the root of issues, find solutions and achieve common ground. This proposal is a sampling of what you might expect from my mindfulness practices.

What is Mindfulness?

Mindfulness is the practice of compassionate presence. From this standpoint, we embody the attitudes of non-judgement and loving-kindness to notice what is happening in the here and now, and to understand what we might need at any given moment. Since it is a practice, we approach it with intention, purpose and consistency.

Through mindfulness, we:

- Direct our awareness in a deliberate way to see what arises
- Focus and re-focus our attention to our body, senses, imagination, environment etc.
- Surrender to the present moment
- Approach ourselves, others and situations with compassion
- Soften the edges of our suffering

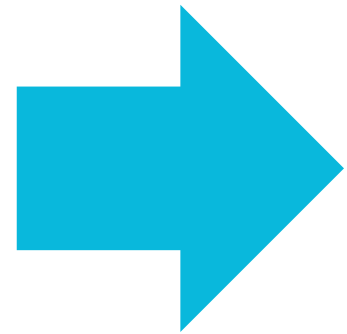
While it can bring up uncomfortable thoughts and emotions, benefits include: relaxation, less stress & tension, reduced anxiety, increased compassion, peace-of-mind, self-regulation etc.

About Mindfulness Practices

Mindfulness practices comprise a collection of intentional heart-centred exercises to ground in the present moment by directing ones attention to the body, senses, environment and imagination to promote an equanimous state of being. It has a range of benefits including relaxation, stress-relief, emotional self-regulation and healthier thought-patterns – it literally rewires the brain.

Mindfulness has existed for thousands of years and is present in many faith traditions. Since the 1960s, mindfulness has been studied in the West from a secular lens and scientific perspective in understanding its benefits to the brain and body.

Be a leader who fosters



01

Mindfulness and compassion

Important for personal and professional wellness.

02

Trust and collaboration

Essential to support autonomy, teamwork and a healthy work culture.

03

Mindful communication

Build more trust by encouraging honest and respectful discussions.

04

A thriving team culture

Maintain a productive, engaging and rewarding work environment that is sustainable

Types of practices

These are some mindfulness exercises that can be explored in group sessions.

**Breath
Meditation**

**Sensory
Meditation**

**Visualization
Meditation**

Body Scan

**Self-
Compassion**

**Mindful
Walking**

**Physical
Activity**

**Mindful
Eating**

**Self-care
Ritual**

Journaling

Creativity

**Connect with
Nature**

Mindful Practices Fee

Here is a high-level breakdown of the expected areas for which fees could be applied for mindfulness practices. Cost considerations are based on time and materials.

Below are some cost considerations :

- **In-person vs. Online** – Fees differ between live in-person sessions and those done virtually.
- **Preparation** – The time required to prepare and customize mindfulness practices.
- **Content** – Creation of documentation, if required.
- **Travel** – Including airfare, ground transportation, accommodation and meals for in-person sessions.
- **Duration** – The time allotment for the session(s) itself (i.e. quantity over number of days).
- **Number of People** – Number of attendees at in-person or online sessions.
- **Consultation** – Any pre or post session consultation for groups or organizations.

“Your meditation was seamless and perfect in every way. My staff and I thoroughly enjoyed it. You knocked it out of the park.”

**- Julia DeRose, Principal
Stouffville, ON, Canada**

“It was a really touching and meaningful session. The staff spoke really highly about it and we are very appreciative! We will definitely see you again. Thanks.”

**- L. Barton, Principal
Newmarket, ON, Canada**

Contact me for more info.



The Stumbling Spirit (A brand of Resting Bell Wellness Inc.)

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Gratitude!

Thank you for considering me to present to your group or organization.

