



Consulting Proposal: Mindfulness

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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

Becoming a mindful leader and introducing mindfulness practices can help to inspire a healthier work culture and improve morale within an organization, but it takes skillfulness, commitment and consistency to sustain it over the long haul. This can be challenging in a fast-paced environment whereby 'fires' are put out on a daily basis, client expectations need to be met, and company targets have to be achieved. These pressures can hinder any progress made and even revert teams to old unproductive habits. This is where my mindfulness consulting can help. Not only do I have the mindfulness skillset but also a deep understanding of the corporate world from my career background in the tech industry. I understand how organizations function and how they can be improved through mindfulness. As your Mindfulness Consultant, I will:

- **Support leaders in utilizing mindfulness tools to promote team cohesion**
- **Assist organizations with maintaining a healthy work culture**
- **Act as an objective observer in resolving business problems through a mindful lens**

This proposal is a sampling of what you might expect from my mindfulness consulting services.

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.

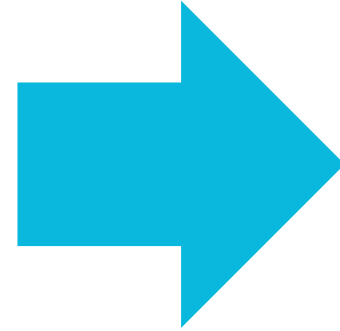
Sound familiar?

- There are limited career growth opportunities within my organization
- I am doing more than one job
- I am over worked and find it hard to complete my tasks on time
- Managers do not reflect the diverse population of my company's workforce
- My company's processes and procedures are outdated and bureaucratic
- There is a toxic work culture of distrust, gossip and competition
- My good work is not being recognized and rewarded
- Pay raises and bonuses are minimal
- I have no time to innovate because of my overwhelming workload
- There is low employee engagement and company morale
- I feel unsupported in my role
- I am unhappy at work
- I am stressed and unhealthy

Why Mindfulness Consulting?

Sometimes it can be difficult to see how we work individually and jointly on the job through an objective lens, especially when we are caught up in our daily routines which might include unhealthy habits. Furthermore, even though we are technologically connected, we are more physically apart since Covid. Arguably, corporate employees are working harder and longer hours when logging in from home, and are feeling the pressure of managing their workload while trying to establish a healthy work-life balance. This can be both overwhelming and stressful for employees, and challenging for leaders to manage with compassion especially given high expectations of meeting tight timelines and company targets. This sticky landscape can impact the overall wellness of staff and their ability to effectively deliver. Through my mindfulness consulting services, I aim to assess the mindful state of your business, introduce mindfulness tools, and recommend mindful strategies to improve approaches, processes and rapport to enhance corporate culture and employee engagement.

Four parts of my services*



01

Assess mindful state of business

Observe, survey, analyze and document the current mindful state of an organization.

02

Introduce mindfulness tools

Mindful practices that can improve individual and team wellness.

03

Recommend mindful strategies

Approaches that leaders can use to

04

Enhance culture & engagement

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

*You can explore one or more aspects of my mindfulness consulting services.

Enhance & Improve

These are some of the areas that can see breakthroughs with the introduction of mindfulness.

Corporate Culture

Employee Engagement

Teamwork

Trust & Collaboration

Mindful Leadership

Effective Communication

Compassion

Happiness

Wellness

Productivity

Problem-Solving

Innovation

Mindfulness Consulting Services are...

I will work with clients to ensure that my mindfulness consulting services meet the needs of their organization.



1 Customizable

- In duration and content



2 Flexible

- In delivery, in-person or virtual



3 Relevant

- to high-stress work environments



4 Transformational

- In personal and professional growth

Consulting Fee

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

Below are some cost considerations :

- **In-person vs. Online** – Fees differ between in-person and virtual consulting.
- **Preparation** – The time required to prepare and customize consulting initiatives.
- **Delivery** – The execution and completion of tasks and projects.
- **Content** – Creation of documentation, presentation etc.
- **Travel** – Including airfare, ground transportation, accommodation and meals for in-person consulting.
- **Duration** – The consultation timeframe (i.e. days/weeks/months).
- **Number of People** – Number of stakeholders for which consulting is being delivered.
- **Scope** – Under a Statement of Work and subsequent Change Orders.

“I had the pleasure of working with Fabio...his impact has been transformative...
[He] created a supportive environment that encouraged both staff and
patients to embrace mindfulness practices.
His tailored sessions were practical and easy to integrate, resulting in an
enhanced sense of well-being among the participants...
I highly recommend Fabio's mindfulness consulting services...
His contributions have made a profound difference in our practice.”

**- I. Soluk-Figol, Healthcare Provider
Toronto, 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.

