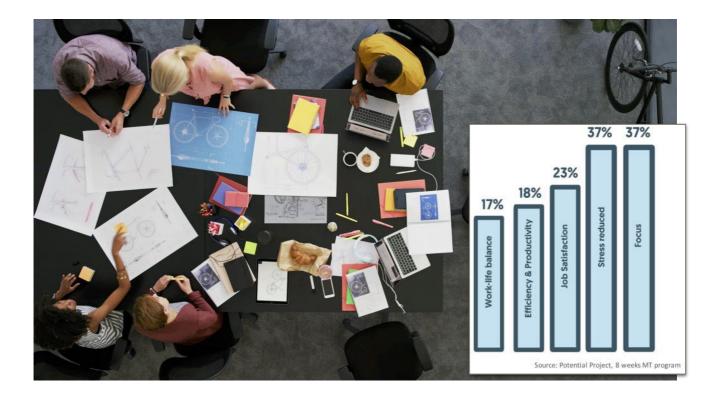


## Mindfulness@Work Corporate Based Mindfulness Training





## Research & Articles

## Research

- Stress Management & Mindfulness In The Workplace-AMA (2015)
- Examining Workplace Mindfulness And Its Relations To Job Performance and Turnover Intention (2013)
- Contemplating Mindfulness at Work An Integrative Review (2015)
- <u>Effects of Mindfulness-Based Stress Reduction on employees' mental health: A systematic review (2017)</u>

## **Articles**

- NYT "At Aetna, a C.E.O.'s Management by Mantra"
- HBR "Why Google, Target, and General Mills Are Investing in Mindfulness"
- Entrepreneur "6 Ways Embracing Mindfulness Helps You Thrive at Work"
- LSE Business Review "Mindfulness has big impacts for performance, decision-making and career longevity"