

M2 Why Is Mindfulness Training Important For Companies Right Now?

In today's digital world, employees battle constant distraction and can struggle to stay on task.



71%
report frequent interruptions

check phone
150
times a day

spend **6.3**
hours a day
checking email

Stress costs U.S. companies \$300 billion/year.

80%
of employees feel stress on the job

nearly **1/2** need help learning how to manage stress

42%
of employees say their coworkers need help with stress

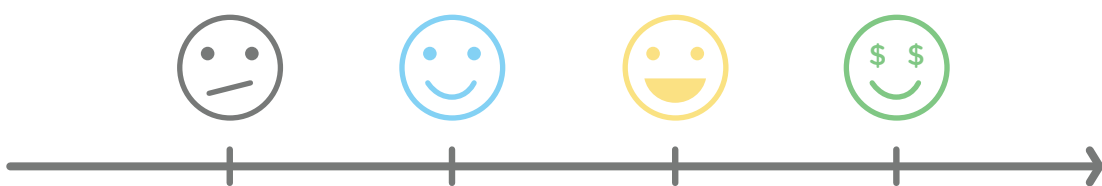
Workplace conflict affects almost everyone.

Employees spend
2.8
HOURS a week managing conflict

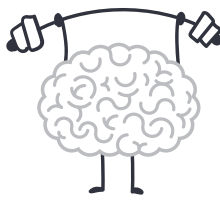
1 in 10
employees report conflict led to project failure

25%
of employees report conflict led to illness or absence

Mindfulness training has been proven to help employees manage distraction, stress and interpersonal conflict. Mindful employees help your company function at its best over time. And that translates into a better bottom line.



Neuroscience and scientific research support that mindfulness helps you feel, think, and connect better, and actually changes your brain. This adds up to more engaged, more productive, healthier employees.



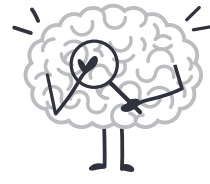
Train your brain

MRI scans reveal that meditation builds gray matter, the cells that comprise the thinking part of the brain.



Stress less

47 clinical studies validate the effectiveness of mindfulness meditation programs to diminish anxiety and stress.



Build self-awareness

Functioning of the hippocampus, the brain region associated with self-awareness, compassion and introspection, improved following 8 weeks of mindfulness meditation practice.

Nationally, **22%** of companies have mindfulness training already in place.



Professional sports teams, law enforcement & the U.S. Military are some of the earliest adopters of mindfulness training.



12 months after participating in mindfulness training, Google employees reported:

- 13%** increase in overall well-being
- 19%** increase in ability to manage work-related stress
- 19%** decrease in impatience with oneself and others



More than **1/4** of Aetna's 50,000 employees have participated in at least one mindfulness class.



Gained **62**
minutes/week
productivity

=

\$3000
per employee
per year

&

Healthcare costs
decreased by
\$2000/employee

M2 can help you build a more mindful culture

M2 delivers workplace mindfulness training that can **improve performance and enhance culture** at all levels of the organization. M2 brings experienced mindfulness teachers and our **mobile studio** on site each week to lead **25-minute** mindfulness classes, plus we provide digital resources and support to build momentum between sessions. In addition, we offer **introductory seminars** and modular **4- 6 week series**. M2 makes it convenient and efficient to educate and inspire employees to "train their brains" and improve their health, creativity and productivity, while building workplace relationships.

We'd love to meet with you and discuss if mindfulness training is a good fit for your organization

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Visit us online at www.m2wellbeing.com

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