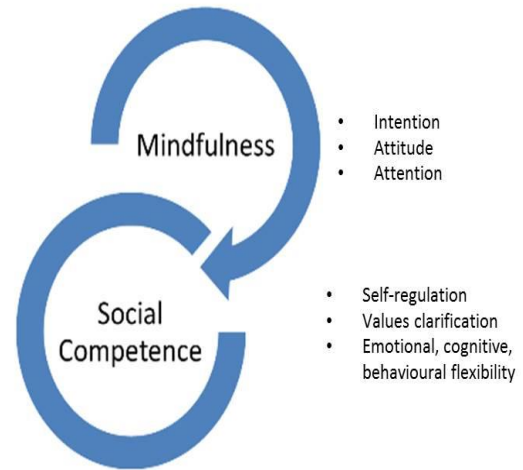


Mindfulness is the ultimate mobile device; you can use it anywhere, any time, unobtrusively.

Mitchell Services Director, Leith Mitchell, piloted the first corporate mindfulness app- delivering results for IBM for employees across Australia & New Zealand to reduce perceived stress ⁽¹⁾. Mindfulness is cultivating focus on the present moment- leading with presence and connection. This state of awareness enables more effective ways of working- capability to develop relationships, improve engagement, manage unexpected outcomes and stress. Executives from companies at Facebook, Google, IBM, etc... have learnt new ways of being in leadership through mindful practices such as meditation and yoga.

Benefits

- **Refocus on values and purpose** to sharpen leadership focus.
- **Expand self-awareness** to understand your relationship with others and clarify personal leadership style.
- **Enable clarity** to reframe issues and develop purposeful in achieving goals.



Mitchell Services offers:

- Mindfulness training through in-house tailored solutions and short workshops with a minimum of 15 participants.
- 10 week corporate yoga programs delivered at your office location with a minimum of 15 participants.

1. Gliddon, J. Mindfulness: there's an app for that. HRD, 2014.

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