

# Workplace Meditations



For strengthening your Service Mindset.

## Practice mindfulness & meditation together LIVE while staying connected.

A series of meditation sessions to help your team get some 'non-doing time' in their workday,

- ....catch their breath
- ....create space to be still, with no agenda
- ....spend time resting in alertness, with the mind spaciousness and open



## Meditation helps you be more effective as you release your addiction to a scattered mind.

We are all at risk of bypassing perhaps the most important thing that the world needs right now - being present for a peaceful mind and community with other humans.

The busy professional often says the reason they don't meditate is there is 'not enough time'. Ironically meditation is anything but a waste of time; in fact, it buys you time.

As you observe the energy of the current day in our society, you may be feeling the need to support your team like never before, and through some form of mental training you can help them gain

- Better self - control
- Improved concentration
- Mental clarity
- Enhanced emotional intelligence and empathy

# The meditation sessions:

Each session (except for the introductory) includes a 10-minute lesson, 10-minute meditation and a 10 minute group check in at the end. Times can be allocated to suit the needs of your team.

Jaquie uses a combination of guided meditation, breathwork and awareness activities.

## Option 1:

1 x 1-hour introductory session to meditation  
4 x 30-minute sessions course  
Worksheets and activities

\$2,500 + GST

## Option 2:

1 x 1-hour introductory session to meditation  
8 x 30-minute sessions course  
Worksheets and activities

\$3,500 + GST

All sessions are hosted on Zoom. Alternative platforms can be looked at if required.

All sessions are recorded for the participants to reuse at later dates.

For more information, email [jody@jaquiescammell.com](mailto:jody@jaquiescammell.com) and visit [www.jaquiescammell.com](http://www.jaquiescammell.com)



## A word from Jacquie

I am interested in how those who are extraordinarily present have extraordinary impact on the people in their lives.

The quality of being present to others as a foundational habit is the very definition of being your best professional self.

I've studied meditation with monks, worked alongside world leading spiritual mentors and teachers and I am dedicated to my own daily practice in mastering presence.

Through meditation practice and deep self-awareness work I have a direct experience of seeing how some form of mental training helps you stand-out from the crowd and live a more harmonious life.

