



Mindfulness Exercises LLC

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Professional And Management
Development Training

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Differentiators

Mindfulness Exercises has perhaps the most diverse portfolio of any company offering organizational mindfulness programs — which makes us the most qualified vendor to establish a wellness program that caters to your organization's needs. We helped create Mindful EPA, Mindful NOAA, and Mindful FED. We've worked with Tesla, the American Red Cross, Ernst & Young, Facebook, Kaiser Permanente, the Canadian Olympic Team, Duke University, veterans groups, pain management centers, and more. Our lead teacher was a certified instructor for the mindfulness program born at Google, and we've trained 20 million people across our website, YouTube channel, and podcast. Our evidence-based approach is focused on providing programs and practices backed by science — so you can see tangible improvements and results in your team's performance, health, well-being, and job satisfaction.

Capabilities Statement

Mindfulness Exercises trains professionals at governmental organizations and Fortune 500 companies to practice and teach mindfulness and meditation.

Our programs use evidence-based techniques to:

- Decrease burnout, stress, and anxiety in a professional environment
- Boost focus and mental clarity while building self-confidence and leadership skills
- Increase emotional intelligence, build team empathy, and establish mindful communication skills
- Address trauma and PTSD related to extremely high-stress jobs (for first responders, civil officers, and military professionals)

Our company has helped establish mindfulness programs at major governmental agencies including Mindful EPA, Mindful NOAA, and Mindful FED, and we've offered corporate mindfulness consulting for companies like Tesla, Facebook, and Kaiser Permanente. Our offerings include done-for-you mindfulness training programs (tailored to your organization and industry), mindfulness teacher training certifications, and organizational consulting.

Mindfulness Exercises creates internal mindfulness programs for large, multi-office teams. These can be done-for-you programs run by our facilitators — or we'll train your team to facilitate your own programs. Our staff also gives keynotes and workshops that introduce teams to the practices, neuroscience, and benefits of mindfulness and meditation in the workplace. We run a Mindfulness Teacher Training Certification Program, and can provide simple, evidence-based mindfulness practices to complement your current wellness program.

To increase people's calm, self-care, and resilience through evidence-based mindfulness and meditation trainings. We also provide mindfulness meditation teacher training to empower people to teach mindfulness to others.

Core Competencies

- Mindfulness & Meditation Training and Facilitation
- Mindfulness Programs & Organizational Consulting
- Addressing Trauma with Science-based Mindfulness Tools
- Mindfulness Teacher Certification
- Wellness Programs for Occupational Burnout
- Wellness & Health Workshops & Keynotes
- Evidence-based tools for Emotional Intelligence, Resilience, Improved Productivity, and Improved Mental Health