

WHY INVEST IN MINDFULNESS?

1/6

WORKERS EXPERIENCE MENTAL HEALTH ISSUES

Research shows that 1/6 of the workforce is experiencing mental health issues at any one time.*

1/2

WORKING DAYS LOST DUE TO ILL HEALTH ARE ATTRIBUTED TO STRESS

A half of sick days are due to stress, anxiety and depression.*

£5

RETURN ON £1 INVESTMENT

Businesses investing £1 in mental health support for employees get an average of £5 return on that investment with the highest returns for organisation-wide programmes.*



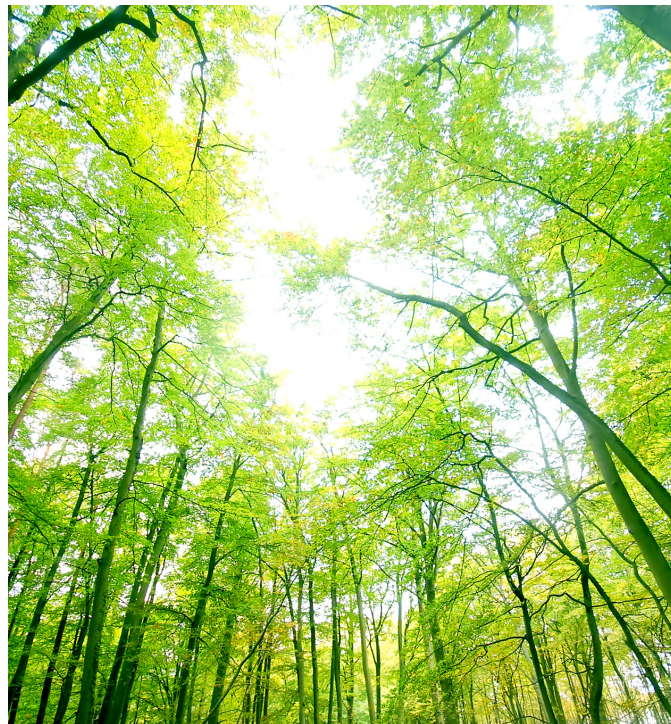
IMPROVED COGNITIVE PERFORMANCE

Studies show that mindfulness improves focus, productivity, creativity and innovation, as well as improving emotional intelligence and resilience.

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IMPROVED SLEEP

Research** states that 60% employees get less than 7 hours sleep per night (minimum to avoid adverse health effects). Poor sleep costs the economy £40bn per year in lost productivity. Mindfulness is proven to improve sleep.



LEAD YOUR LIFE

*Deloitte UK Mental Health & Employers Report Updated Jan 2020

**Research reported in The Independent 30 Nov 2016 and the Huffington Post 18 March 2017



Mindfulness at work

How can you help your business increase productivity, improve team dynamics, reduce the cost of absence and demonstrate a commitment to mental health and wellbeing?

Research shows that mindfulness can give individuals the ability to manage stress more effectively, tap into their emotional intelligence to improve workplace relationships and boost their creativity and productivity as they give themselves space to think.

“ I am definitely more focused, relaxed and productive than before the programme with Kish. I highly recommend Kish’s work for anyone who wants to learn something new that will make a real and lasting difference ”

About the course

My four week course focuses on four key mindfulness tools designed to assist individuals to learn the skills they can incorporate into their daily lives to help reduce stress and create valuable headspace.

4 WEEK MINDFULNESS COURSE



The programme can be delivered in person or via webinar. It is structured yet tailored. Each participant will leave with the skills and practical guides to incorporate mindfulness into their every day lives. The course includes two online follow up sessions providing support and coaching to encourage continuing practice.

ABOUT KISH MODASIA

I am an ICF Professional Certified Coach. I have worked in corporate organisations and I’ve run my own business since 2006, so I appreciate work and life’s challenges. In my personal journey I also learned that I have to take time out for myself and to be mindful of what is around me. Clients include: BBC, Royal Bank of Scotland, Samaritans, BT plc, NHS, Network Rail, O2

FIND OUT MORE

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