



Workshop Proposal:

Title: Mindfulness Tools For Sustainable Growth

Overview

Mindfulness meditation is a form of mental fitness. It is a practice we can utilize to optimize our brain in ways that improve our health, focus, clarity, relaxation, productivity and joy. There are thousands of research articles demonstrating the efficacy of mindfulness in reducing stress, anxiety, depression, and improving overall wellbeing. Largely because of these evidence-based results, it is rapidly making its way into organizations such as Google, Amazon, LinkedIn, Aetna, and more.

“The main business case for meditation is that if you are fully present on the job, you will be more effective as a leader, you will make better decisions and you will work better with other people.”

-Bill George, Harvard Business School, former CEO of Medtronic

“Mindfulness should no longer be considered a ‘nice-to-have’ for executives. It’s a ‘must-have’: a way to keep our brains healthy, to support self-regulation and effective decision making capabilities, and to protect ourselves from toxic stress.”

-Harvard Business Review

Learning Objectives

- Explore what mindfulness meditation is and why it might be worth cultivating
- Review the relevant research supporting mindfulness, specifically as it relates to stress reduction, enhanced focus and performance, reduction in healthcare costs, and corporate culture
- Learn how to shift from living on “automatic pilot” to living with greater awareness, presence, and intentionality
- Learn how to work with difficult, self-defeating, and ruminating thoughts
- Learn to communicate and listen with greater mindfulness, presence and care to constituents, friends, and family.
- Learn to stop your work life from bleeding into your personal life, and vice versa.
- Identify the root cause of stress and how mindfulness helps us manage it
- Explore how to balance high intensity work with periods of complete disengagement, to properly restore and recharge your energy levels and focus

***Cost: Negotiable**

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Instructor's Bio

Sean Fargo has been teaching mindfulness and creating guided meditation programs for many years in the USA, China, Thailand and Singapore. He is a certified instructor for Search Inside Yourself Leadership Institute and has guided meditations for corporations such as Reddit, PG&E, DocuSign and Singtel.

He is the Founder of [Mindfulness Exercises](#), the world's top mindfulness resource, ranked for offering more than 1,500 free mindfulness talks, meditations, worksheets and more. Sean currently runs an online mindfulness teacher certification program, training mindfulness teachers on deepening their meditation, emotional intelligence, and formal offerings. He teaches integrated mindfulness practices to chronic pain patients, inmates in prisons and corporate executives.

Practiced as a Buddhist monk for 2 years and trained by pre-eminent meditation leaders, Sean carries forth his lineage by adapting timeless meditative traditions to contemporary life challenges.

Sean's trainings are experiential, fun and engaging. He eloquently presents techniques that are practical, down to earth and innovative. Drawing from a range of mindfulness and meditation methods, he's responsive to his audience and tailors each presentation to their needs.

"Sean has keen insight into helping balance intense work situations and transitions with mindfulness, to help guide with different coaching techniques and tools. Sean's thoughtfulness in asking the right questions and thought starters to develop the right program to fit specific needs is extremely helpful."

- Diane Neal, CEO, Sur la Table

"Sean is a wonderful teacher, well practiced in the teachings of mindfulness and compassion, dedicated and thoughtful."

- Jack Kornfield, Bestselling Author of 'A Path With Heart' & Founder of Spirit Rock Meditation Center

"Sean created a safe, non threatening environment to introduce the team to mindfulness and meditation. I really appreciated how Sean led the team through the science behind these practices. I would recommend Sean to anyone who is interested in introducing mindfulness and meditation in a corporate environment."

- Mike Borozdin, Senior Director of Engineering at DocuSign

"Sean brings a very calm, authoritative presence. He is very composed and is able to direct a loud, garrulous group well and keep everyone engaged. It was a really enjoyable experience for a very diverse crowd."

- Mimi Nguyen, Principal for Capital Accounting at PG&E

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