



# “Mindfulness for lowering individual and organizational stress”

*Trainer: Stefan Pusca*

*[www.eumadezvolt.ro](http://www.eumadezvolt.ro)*

# Who Should Attend?

媿 The program targets organizations that want to support their members in solving situations related to:

- > the effects of stress
- > physical and emotional response to sustained activity and overloading .

媿 The program includes an initial course of Mindfulness, accompanied by weekly sessions of practice (for 15-20 minutes).

# The purpose of the program

- 媿 lowering individual and organizational stress;
- 媿 increasing labor productivity and creativity;
- 媿 improving the capacity of work and concentration;
- 媿 reducing the effects of fatigue;
- 媿 improving employee loyalty;
- 媿 lowering costs with sick leave;
- 媿 increasing the level of self confidence;
- 媿 developing the capacity of participants to know and overcome their own limits.

# Program benefits

媿 improving the performance and professional responsibility;

媿 increasing work capacity;

媿 solving conflicts as a result of psycho- emotional balance;

媿 clearer thinking and better sustained attention;

媿 better health and well being



# Corporations that have adopted Mindfulness practices

媿 Google

媿 Apple

媿 Nike

媿 Procter and Gamble

媿 Yahoo

媿 Deutsche Bank

媿 HBO

媿 The Bank of England

# Public people who practice Mindfulness

- 媿 Bill Ford, President of Ford Company
- 媿 Jeff Weiner, Executive Director of LinkedIn
- 媿 Padmasree Warrior, Technology Officer of CISCO Company
- 媿 Rick Goings, CEO of Tupperware
- 媿 Ramani Ayer, former Chairman and CEO of The Hartford Financial Services Group
- 媿 Steve Rubin, former CEO and chairman of United Fuels International



# *About the trainer*

娟 Stefan Pusca, PhD, is the secretary of the UNESCO group for Border Sciences In Romania;

娟 He practices Mindfulness, relaxation and meditation techniques since 1986;

娟 He teaches Mindfulness, relaxation and meditation techniques since 1996;

娟 He hosts the TV shows "Dialogues between mind and heart" and "The Meditation of the Week".

