

## Employee Well-Being Mindfulness Initiative

### HOW TO BRING MINDFULNESS TO YOUR ORGANIZATION

OMBI's Mindfulness for Education Employees Initiative offers two options for bringing foundational, core concepts of preventive mental health to individuals in your organization so they can maintain their mental wellbeing—much as they do physical health—with information and everyday tools.

#### OPTION 1: Foundations of Mindfulness

##### *Commitment: 1 Year*

A comprehensive mindfulness training that includes:

- (3) 90-minute facilitated sessions focused on building skills, knowledge, and community.
- Research based concepts and practices, including the neuroscience of how the practices work in the body.
- Development of a mindfulness-based professional learning community to support continued practice within the workplace.
- Monthly coaching.



#### OPTION 2: Mindfulness Foundations + Systems Change Facilitation and Coaching

##### *Commitment: 3 Years*

Creating culture change takes time, and this option includes everything in Option 1, Foundations of Mindfulness, plus two years of facilitation focused on systemic change supporting a culture of mindfulness within the workplace.

- Everything in Options 1: Foundations of Mindfulness, including 3 training sessions, development of professional learning community, and monthly coaching
- (3) 90-minute facilitated sessions to plan and implement mindfulness-based systems changes for well-being within the workplace.
- Implementation grants for stipends and resources.

***“There is a priority being placed on mental health, self-care, and wellness that makes it more comfortable to discuss and share our challenges and successes. This helps build a stronger community of care.” — MINDFULNESS INITIATIVE PARTICIPANT***

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