



# Mindful Workplaces

Inspire a workplace where employees experience improved job performance, relationships and personal well-being.



“MMA’s approach to mindfulness and meditation is easy to understand and provides practical tools to make a real difference.”

3000+  
PARTICIPANTS  
TRAINED

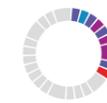
We’ve made meaningful changes in workplace culture in businesses and organisations across Western Australia.



Featured in



## Programs



### Intro to Mindfulness (1 Hour)

\$600 OR \$300 (Subsidised for GOV and NFP)

**Key Outcomes**

- Define mindfulness and meditation
- Understand the science behind mindfulness and meditation
- Learn specific mindfulness and meditation techniques for personal and professional use
- Experience a range of meditation practices

**Benefits**

- An understanding of the science behind mindfulness and meditation
- A introduction to the importance of a strong foundation to begin implementing mindfulness practices throughout a business or organisation
- Cost effective and efficient



### Mindful Workplaces (Full Day)

\$6000 OR \$3000 (Subsidised for GOV and NFP)

**Key Outcomes**

- An in-depth understanding of the science and practice of mindfulness and meditation
- Mindfulness techniques, activities and tools for personal and professional use
- Create a tailored whole of organisation approach to mindfulness and meditation, with ongoing implementation support
- Comprehensive training for all staff, with additional focus areas for the senior leadership team

**Benefits**

- A deep understanding of the impact of meditation on the brain
- A high impact and lasting intervention to improve well-being and mental health of staff and clients
- An understanding of how to cultivate mindfulness throughout an organisation and devise strategies to suit your unique workplace
- Highly actionable and practical professional development



### Recommended Additions

- Mindful Families workshops hosted at your workplace for staff with children \$1200
- Training days for new staff and refresher workshops \$1200
- Research evaluation of your program designed by the University of Western Australia and MMA \$3000



# St. John of God



**Program:**  
Mindful Workplaces

**Date:**  
14 Jan 2018

**Location:**  
Murdoch, WA



A mindfulness program was developed in partnership with St John of God Murdoch to help stop drug administration errors with the use of simple mindfulness and attention training techniques.

The program helped participants:

- Understand the impact of workplace stress and fatigue on attention;
- Explore opportunities for improving the drug administration process;
- Challenge ward culture through a series of experiential activities; and
- Teach mindfulness and meditation practices that underpin the importance of relaxation and awareness.

After the training, 89% of nurses commented that they intend to use mindfulness with patients, 92% committed to using mindfulness for the drug administration process. 95% recommended this training to other nurses.



“MMA worked closely with our senior leadership team to identify our unique challenges, and worked with us closely to implement and manage solutions.”

St John of God



# Public Workshop



**Program:**  
Meditation at Work

**Date:**  
Monthly

**Location:**  
Cottesloe, WA



In addition to our workplace training, we offer public ‘Meditation at Work’ sessions, to allow a diverse range of professionals to collaborate, learn and practice mindfulness and meditation and develop personal and professional wellness plans to bring back to their teams.

The fully catered professional development day includes participating in, as well as leading meditations, gaining an understanding of the science behind the practices and workplace stress.

Participants leave with an in depth knowledge of the importance of managing stress coupled with simple meditation techniques to bring back to work. Participants also receive a 40 page workbook complete with scientific research, planning templates and meditation scripts they can start to use with colleagues and client if and where appropriate.



“The workshop made me aware of how I can be more mindful in interactions with my staff to provide the best possible outcome for both of us.”

**Lisa D’Andrea**

Who we are



**Kerry Harmanis**  
Founder



**Dr Neale Fong**  
Board Member



**Trent Falkner**  
Board Member



**Karen Gadsby**  
Board Member



**Brayden Zeer**  
General Manager



**Dr Stacey Waters**  
External Researcher

## MMA is a not for profit organisation established by **Kerry Harmanis**.

Kerry founded MMA to provide an opportunity for others to experience the benefits that he himself has gained, personally and professionally, from mindfulness and meditation.

We understand that mindfulness and related practices help develop self-awareness, compassion and care

which makes a difference not only to individuals but our broader community.

By teaching simple, evidence-based mindfulness and meditation practices to schools, workplaces and families, we intend to improve the happiness and well-being of our Australian community.

# Start creating a mindful workplace.

Get in touch with us today to discuss the perfect mindfulness and meditation approach to suit you and your team.



**Give us a call on:**  
08 6249 0175



**Send us an email at:**  
[info@mindfulmeditationaustralia.org.au](mailto:info@mindfulmeditationaustralia.org.au)

## Mindful Education

Improve students' ability to self-regulate and experience positive outcomes both in and out of the classroom.



## Mindful Families

Develop your own mindfulness plan to support loving and caring relationships, better communication, healthy boundaries, and collective ownership of the home environment.

## Mindful Workplaces

Inspire a workplace where employees experience improved job performance, relationships and personal well-being.



Mindful  
Meditation  
Australia

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