

leadwell

Aleda Meditation

Calmness, Focus & Energy



POWERED BY
aleda

Inspiring Connections

Aleda Meditation Program

Are you or your team feeling stressed, tired or anxious ? You're not alone ! '68.5% of Australian workers currently report feeling burnt out' (The Wellbeing Lab Workplace Survey: 2019-22 Report).

We are all living busy lives. In fact, we've never been busier. Balancing the challenge of work, family and personal commitments - we seem to just go from one thing to the next, overwhelmed by our never ending to do list and with our minds constantly busy, distracted and at times in a state of distress.

The reality is that the world around us is not changing, but we need to find a way for our minds to refocus, recharge and off-load stress. This is where meditation comes in. Meditation...really ?! If you're sceptical about it, then you're not alone. Many of us hear the word 'meditation' and think of crystals, chanting and monks!

However, advancements in neuroscience over the past decade have shed a light on the significant impacts meditation can have on our wellbeing when practiced correctly and consistently. In fact, extensive research now shows the two most effective strategies to proactively care for our overall wellbeing, increase our levels of happiness and life satisfaction, and off-load stress are regular exercise and a daily practice of meditation.

The results of over 350 peer reviewed clinical studies on the practice of daily meditation have revealed benefits, such as:

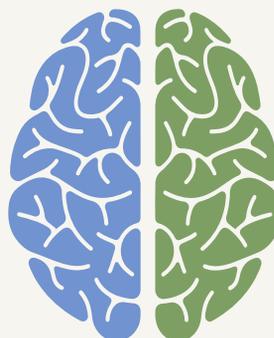
Left Brain

A reduction in anxiety

A reduction in negative feelings like anger and tension; improved **emotional regulation and self-control**

A reduction in debilitating stress and associated hormones such as cortisol

A shift in disposition from the right pre-frontal cortex (**anxiety, sadness**) to the left prefrontal cortex (**happiness, flow**)



Right Brain

Longer and **better quality sleep**, with fewer sleep disturbances

Increased levels of **attention, focus and concentration**

More creative problem solving and **improved memory**

Increased **energy and productivity**, feeling more engaged with life

At Aleda we are passionate about meditation and the benefits it provides us in enhancing our self-awareness, self-leadership and connection with others. We take great joy in inspiring others to do the same and experience the profound impact meditation can have on their lives and the lives of those around them.

Aleda Meditation Program Outline

The **Aleda Meditation Program** is designed to create more **calmness, focus and energy** for individuals and for organisations can greatly assist in developing a positive and connected culture.

The program is delivered in two stages, starting with the *How To Meditate* stage. This involves learning the *Aleda Meditation Being Technique* and helps prepare participants to start building their new habit. The technique utilises an ‘anchor sound’ that is repeated in silence, helping the mind to settle inward to a profound state of relaxation and rest, with the goal of achieving stillness and clarity without concentration or effort.

The 2nd stage is *Coaching The Habit*. The challenge with learning most new skills, is not in the learning, but in embedding the habit. For this reason, The Aleda Meditation Program has been based on the latest research in behavioural science to help support you to successfully build your daily meditation practice into a sustainable habit.

Session (1.5 hours)	Timing Commitments	Outcomes
1: How To Meditate	<u>How To Meditate Stage:</u> 3 x 1.5hr* sessions over three consecutive days or every 2 nd day (ie Mon/Wed/Fri)	Learn the foundational skills of the <i>Aleda Meditation: Being Technique</i> and put them into practice straight away by meditating as a group.
2: How To Meditate Happily		Deepen your understanding of the <i>Aleda Meditation: Being Technique</i> by learning the final skill, the science behind the technique and putting it into practice.
3: How To Meditate Consistently		Now that you can independently meditate, you'll learn specific strategies to action this consistently at home and set an objective for the next 15 days.
4: Coaching The Consistency Habit	<u>Coaching The Habit Stage:</u> 1 x 1.5hr session 15 days after Session 3	We will reflect on the past 15 days and use your learning to prepare for the next 15 days. You'll learn four (4) <i>Aleda Habit Skills</i> to help start embedding your daily meditation habit.
5: Coaching The Twice Daily Habit	<u>Coaching The Habit Stage:</u> 1 x 1.5hr session 15 days after Session 4	After reflecting on the past 15 Days, we learn about the benefits of meditating twice daily, why we're training towards it and what we can put into place to achieve it.
6: Coaching The Being Habit	<u>Coaching The Habit Stage:</u> 1 x 1.5hr session 15 days after Session 5	By deepening your understanding of Being, you will have more clarity around the benefits of the <i>Aleda Meditation: Being Technique</i> and be prepared for the next 45 days.
7: Coaching The Habit Check In	<u>Coaching The Habit Stage:</u> 1 x 1.5hr session 45 days after Session 6	Analyse and adjust your meditation habit whilst reflecting and celebrating on your achievements so far. The training ends with you setting your objective for the next 100 days.

“The Aleda Meditation Program has given me better mental capacity, I’m not as fatigued at the end of the day and I can multi-task more. I feel as though I’ve found an extra gear.”

Sam Cooper – Aleda Meditation Program Participant

Program includes:



Aleda Meditation Workbook per participant.



Perceived Stress Assessment Results.



Coaching Support via WhatsApp

Program Cost: \$995

Click [here to book](#)

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Caring for Wellbeing – Our Team



Sam Healy

Wellbeing Facilitator
& Meditation Coach

Sam is a wellbeing facilitator and meditation and breathing coach. He was a former Primary School teacher, wellbeing leader and meditation coach at Aldinga Primary School. He began his meditation journey in 2018 and has been active in educating his local community on the benefits of meditation as well as successfully piloting a meditation program for 25 teachers and 500+ kids at Aldinga Primary School in 2021. Our vision is to expand this program as a Social Venture with the aim of reaching 30,000 students in SA over a 3-year period.

As a passionate educator and father of two, Sam's vision is to empower more communities to deeply connect with their mental health and wellbeing through breathing and meditation.



Brett Burton

Wellbeing Director

Brett is a Wellbeing and Leadership Facilitator, Speaker and High Performance Coach. He is a former AFL player with the Adelaide Crows, playing 177 games across 12 seasons and fulfilled roles as the AFL Players Association President and the Laws of the Game Committee member during his time. Brett completed an honours in Applied Science (Human Movement) during his playing career.

After retiring from playing Brett spent 10 years in key leadership positions as High Performance Manager at the Brisbane Lions and Head of Football at the Adelaide Crows. He now utilises his background and advanced knowledge in Human Science to develop people holistically.

Brett is a dedicated father of five, who loves the art of meditation and has a healthy determination to educate and inspire people to care for their wellbeing and be the best versions of themselves. He has a vision to enable every school-aged child access to the practice of meditation.



Zoe Mills

Wellbeing Facilitator

Zoe is a wellbeing facilitator and coach with a background in Health and Psychology, having completed her double degree in Human Movement and Psychological Science (Counselling and Interpersonal Skills). She is a dedicated contributor in her local community, actively involved in a variety of youth development programs.

Zoe is passionate about combining her knowledge and experience across physical health and psychology to empower people to live a holistically healthy lifestyle.

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Creating a world of collaboration

At Aleda we work with leaders of industry, sport, education, and the arts.

We work with empowering leaders to create a world of collaboration by bringing these sectors together to help shift leadership, management, and wellbeing globally.

We do this by supporting people to learn, lead, and collaborate.

leadlearn
Developing Leaders

leadconnect
Connecting Leaders

leadreflect
Empowering Leadership Capacity

leadwell
Caring for Wellbeing

The Aleda Team



Matt Wadewitz
Managing Director



Luke Darcy
Innovation/Partnerships



Brett Burton
Wellbeing Director



Damian Hill
GM - LeadLearn



Sam Healy
Wellbeing & Meditation
Facilitator



Jo Matthews
Executive Assistant



Zoe Mills
Wellbeing Facilitator



Stacey Morlang
Aleda Facilitator

Thank you

Any questions about this program
please contact sam@aledacollective.com

aledacollective.com

