

Give your employees the powerful benefits of  
**MINDFULNESS**

Become a

**Mindfulness Informed  
Organization**



MIDWEST ALLIANCE FOR  
**MINDFULNESS**  
CULTIVATING COMPASSION, PEACE, &  
WELLBEING THROUGH MINDFUL LIVING.

# WHY MINDFULNESS?

*Have you ever wondered why so many businesses and corporations are bringing mindfulness programs to their employees? There are many healthy reasons for a mindfulness practice that include great benefits to the workplace.*

## **STRESS REDUCTION**

Stress can be caused by factors both in and outside of work. According to a study conducted by The European Agency for Safety and Health at Work, more than half of the 550 million working days lost every year from absenteeism are stress related. Many prominent organizations (Google, Adobe, General Mills, Goldman Sach, Mayo Clinic, Target, etc.) have turned to mindfulness as an essential strategy to fight stress.

## **ABSORPTION OF NEW INFO**

Mindfulness provides a calming break that actually increases your ability for future learning, to think critically, and develop new skills.

## **ADAPTABILITY**

A mindfulness practice helps you to more quickly acclimate to new situations and multiple demands by opening increased space for change and reducing reactivity.

## **CREATIVITY & PROBLEM SOLVING**

By freeing yourself from distractions, improved concentration will help the mind to eliminate clutter and allow more agility for processing information in a new way and discover solutions with a fresh perspective.

## **MOTIVATION**

Mindfulness helps people connect to their body in ways that brings an “aliveness” to their daily lives. This translates to vitality in the workplace and is essential for enjoying the work you’re doing.

## **INCREASED KINDNESS**

Practicing mindfulness helps us to better understand ourselves and resonate emotionally with others. This increased empathy helps improve co-worker and customer-facing relationships.



MIDWEST ALLIANCE FOR  
MINDFULNESS

<https://mindfulness-alliance.org>

# ABOUT MIDWEST ALLIANCE FOR MINDFULNESS

*The Midwest Alliance for Mindfulness is an inclusive, Kansas City-based community of people from all walks of life, unaffiliated with any particular religious faith, that offers a wide range of practice opportunities and services.*

## MISSION, VISION & VALUES

Our mission is cultivating compassion, wellbeing and peace through mindfulness. Our vision is a kinder, more peaceful, and compassionate world. Our values include:

**Community:** we understand the importance of practicing together, supporting and inspiring each other in our practice, and learning from one another by example Human Potential – we believe in the inherent worth, dignity, and wisdom of all people.

**Inclusion:** reaching out to underrepresented populations, we work together to sustain an inclusive environment that welcomes all people regardless of race, age, physical or mental ability, gender identity, religion, political affiliation, ethnicity, sexual orientation, social or economic class, and nationality.

**Compassion:** recognizing the common humanity in suffering, we cultivate awareness of and concern for, and work to decrease suffering in ourselves and others. We believe that practicing mindfulness fosters resilience and increases opportunities for experiencing joy.

**Generosity:** we act as a resource for our members, the community, and other organizations and professionals, helping to create opportunities for the cultivation of mindfulness, especially for those for whom access or exposure might otherwise be limited.

**Education:** understanding that we are all beginners at some level, we emphasize lifelong learning, the importance of science, and the cultivation of wisdom.



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# BECOME A MINDFULNESS INFORMED ORGANIZATION

## OUR CORPORATE PROGRAM

Businesses and organizations that wish to build mindfulness in their workplace and the community can become a Mindfulness Information Organization (MIO).

We ask that as an MIO, you will honor our Mission, Vision & Values, bring mindful awareness to the workplace, comply with the law, and make a commitment to ethical behavior by balancing stakeholders' needs with:

1. accountability and transparency
2. employee wellbeing
3. environmental stewardship
4. social justice and responsibility
5. investment in the community

## BENEFITS AS AN MIO INCLUDE:

- Discounted access to our Speakers Bureau (*annual members only*)
- Monthly newsletter with ideas and tips for increasing mindfulness in the workplace
- Inclusion in our Directory (*annual members only*)
- Sponsorship opportunities
- Free and discounted classes, mindfulness based programs, retreats
- Free access to our mindfulness practice group

## MIO ANNUAL COST

Per # of Employees:

- <50: \$1000
- 50-99: \$2000
- 100+: \$3000

**Email now to get started:  
[tracy.ochester@mindfulness-alliance.org](mailto:tracy.ochester@mindfulness-alliance.org)**



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