

# CORPORATE

Custom programs & packages are also available

If none of the following programs fit your needs or budget, we shall be happy to customize a program to fit your bill.

*All the programs are hands-on and experiential and come with working manuals, handouts and appropriate aids to maximize the learning experience. Following corporate programs are currently offered:*

## Individual

Some companies like to encourage their employees to practice mindfulness on an on-going basis. Participants are instructed live by facilitators how to maintain their level of ease and mindfulness by creating caring and supportive environment. This is good for both experienced as well as novice participants.

*Budget: \$15-20/hour/person (certain minimum number is required for each session)*

## One hour Meditation in Workplace (2 sessions)

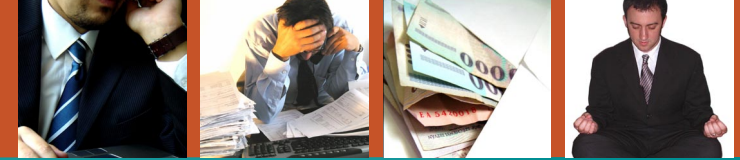
This one-hour session with a follow-up session is aimed at teaching effective meditation techniques so that participants can learn to respond in a non-reactive manner under complex and challenging business environment.

*Nature of the session : Hands-on & Practical*

### Deliverables:

- Identify and manage workplace stress.
- Learn to and respond to workplace stressors in non-habitual manner.
- Respond rather than react to workplace aggravations or complex business situations in a healthy and creative fashion.
- Fine-tune concentration, competence and decision-making.
- Practical tips & reminders in the form of weekly emails, 'Monday Morning' and monthly newsletter 'The Health Q'.

The first session is focused on teaching three techniques with live instructions. At the end of the first session, the participants are given take-home instructions and self-monitoring protocols to keep track of their practice and progress.



**IMPORTANT NOTE: ALL OUR HEALTH AND WELLNESS PROGRAMS ARE MODELED AFTER BUT NOT AFFILIATED WITH CLINICAL PROGRAMS OF BENSON-HENRY INSTITUTE FOR MIND-BODY MEDICINE AT MASSACHUSETTS GENERAL HOSPITAL, HARVARD MEDICAL SCHOOL, USA.**

## WHAT PARTICIPANTS SAY...

Hello Parmjit

Thank you so much for your workshops on "Harnessing the power of mindfulness" for our Mohawk College employees. It was a terrific opportunity to thoughtfully and mindfully look at how we manage our lives. Your meditations were wonderfully relaxing and calming. I felt like I had been on a mini-vacation, and went back to work feeling refreshed and more focused. I like your practical and easy strategies for self-care, and find myself going back to them when I need to clear my mind.

**Cate Walker Hammond**, Staff Development Mohawk College, Centre for Teaching, Learning and Research

**For more testimonials,  
please visit [www.TheHQ.ca](http://www.TheHQ.ca)**

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The second session is meant to reinforce the learning from the first session. Participants are run through the three techniques to cement their learning. At the end of the session, participants are encouraged to discuss their concerns and questions with facilitator.

*Budget: \$500 (2 sessions)  
Maximum 20 participants*

## **Half-Day: 4 Hours**

This half-day retreat is offered during weekdays or weekends. It is meant for professionals who do not have too much time to spare but are willing to spend few hours of power-learning.

*Nature of the session : Hands-on & Practical*

**Deliverables:** Participants can expect to

- Learn powerful techniques from gentle yoga, meditation and cognitive psychology to become a better manager of daily stresses, strains and aggravations.
- Practically experience the gentle yogic moves and relaxation effects of at least six meditation techniques which can be used at workplace to handle stress and manage creative solutions.
- Learn how to make their toxic and self-critical thoughts their allies through cultivation of mindfulness and directed attention.
- Become skilled at cultivating self-acceptance, job-satisfaction and 'at-home' with themselves.
- Experience live instructions in encouraging, safe and supportive environment .
- Receive practical tips & reminders in the form of weekly emails and monthly newsletter 'The Health Q'.

*Budget: \$1200-1500  
Maximum 20 participants*

## **Full day- 8 hours**

This is an intensive full-day, weekend or weekday workshop designed to arm participant with a variety of techniques of mindfulness, yoga and cognitive & applied psychology to manage their workplace challenges efficiently.

*Nature of the session : Hands-on, Practical with a short theoretical background*

**Deliverables:** Participants get to

- Deepen their experience of relaxation so as to initiate deep-seated healing and mental empowerment.
- Learn to respond to stressful situation in a non-reactive and habitual manner. Mindfulness breaks the cycle of habitual response and opens up a creative response mechanism.
- Experience the power of gentle yoga and become connected with your body. Most of the bodily problems, such as body image, are part of this disconnect.
- Learn how to use mindfulness for workplace challenges and to direct attention to the demands of workplace without getting hassled.
- Learn how to identify and change negative thoughts into positive ones.
- Become aware of the capacity of being present to every experience in life—it helps to enrich relationships and wake us to power of our emotions in decision-making process.
- Become skilled at controlling their negative thoughts and emotions both at work and home.
- Shield the body and mind from harmful effects of relentless stress, demands and emotionally taxing situations of business world.
- Enhance mental, emotional and physical health & well-being through awareness, emotional re-engineering, mindfulness and creative responsiveness to complex and high-stress situations.
- Enjoy live instructions in encouraging, safe and supportive environment .

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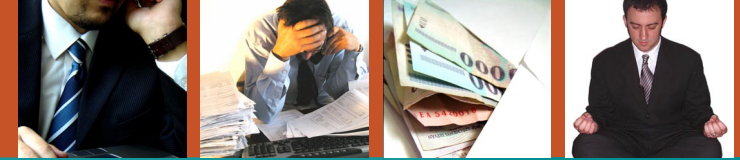


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- Receive practical tips & reminders in the form of weekly emails and monthly newsletter 'The Health Q'.

The full-day session is split into convenient sub-sessions to equip the participants with tools and techniques. Participants get to learn the gentle techniques of yoga and mindfulness to maximize the benefits by aligning the power of mind and body. Sub-sessions are designed in such way that participants get to experience a variety of mind-body techniques without getting physically or mentally tired.

At the end of the session, participants are encouraged to reflect upon their experiences and take note of their reactions. They are given tools and handouts to monitor progress.

*Budget: \$1500-2000*  
*Maximum 20 participants*

## 5-Week Keep Your Head Program

Two hour/week

This is a much more comprehensive program aimed at initiating lasting mental and emotional changes for workplace through mindfulness, yoga, meditation, cognitive psychology and self-auditing.

*Nature of the session : Hands-on, Practical with theoretical background & discussion*

**Deliverables:** Participants get to

- Deepen their experience of relaxation so as to initiate deep-seated healing and mental empowerment.
- Learn to respond to stressful situation in a non-creative manner and habitual. Mindfulness breaks the cycle of habitual response and opens up a creative response mechanism.
- Experience the power of gentle yoga and become connected with your body. Most of the bodily problems, such as body image, are part of

this disconnect.

- Learn how to use mindfulness for workplace challenges and to direct attention to the demands of workplace without getting hassled.
- Learn how to identify and change negative thoughts into positive ones.
- Become aware of the capacity of being present to every experience in life—it helps to enrich relationships and wake us to power of our emotions in decision-making process.
- Become skilled at controlling their negative thoughts and emotions both at work and home.
- Shield the body and mind from harmful effects of relentless stress, demands and emotionally taxing situations of business world.
- Enhance mental, emotional and physical health & well-being through awareness, emotional re-engineering, mindfulness and creative responsiveness to complex and high-stress situations.
- Enjoy live instructions in encouraging, safe and supportive environment.
- Receive practical tips & reminders in the form of weekly emails and monthly newsletter 'The Health Q'.

This program differs from Full-Day program in terms of length of time participants get to spend with facilitator. Each week, a short assignment and a practice schedule is handed out to the participants so that they can track their progress and also bring their real-life concerns and question to be dealt by the facilitator. It is also easier for people to maintain their practice and motivation when involved in a like-minded group.

*Budget: \$2000*  
*Maximum 20 participants*

*Fee may vary according to situation & need of the clients.*



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