



MINDWELL·U

Privy Council Office Case Study

Future Starts Now



30 Day Mindfulness Challenge



How it Works

5 to 10 minutes a day

Online anytime, anywhere, any device

30 consecutive days

Get to invite a buddy from outside the organization to join you



Key Impact Areas

Health and wellbeing

Leadership

Performance

Teamwork & conflict resolution



Evidence Base

The Sauder School of Business conducted two research studies on the 30 Day Mindfulness Challenge in 2016 and 2017 and found it:



Significantly Increases

- Resilience
- Engagement
- Emotion regulation
- Workplace satisfaction
- Performance
- Humility
- Leadership
- Collaboration
- Vigor
- Optimism
- Helpfulness



Significantly Decreases

- Disrespect
- Rudeness
- Hurtfulness
- Embarrassing others



Privy Council Office - 30 Day Mindfulness Challenge 2018

118 participants

2,251 Take 5's completed

113 hours of mindfulness practiced

98% were satisfied with training

97% integrating Take 5 into their life

97% would recommend the Challenge



Challenge Results

- 100% experiencing **improved mental health**
- 100% **focusing** better
- 98% **managing conflict** better
- 98% learning **skills for the workplace**
- 97% **managing stress** better
- 96% **engaging** better with work
- 96% **treating others** more kindly
- 95% increasing **self care**
- 94% experiencing improved **physical health**
- 93% **communicating** better
- 93% think their **friends & colleagues would benefit** from the Challenge
- 89% **collaborating** better
- 89% **leading** better



“I am able to reduce my stress before a big presentation or meeting. In stressful situations, I am able to come back to ‘now’.”

“I’m now able to take more time to be thankful.”

“Not only does this help me to be more aware and in the present, but I look forward to the moments that I Take 5 to reconnect with myself during the day.”

Testimonials

“Thank you for teaching me to achieve calmness by noticing the Take 5 cues!”

“The Mindfulness Challenge really helps me keep my anxiety in check.”

“Staying in the present helps change my thinking, and ultimately my reality!”

“Sticking with the Challenge made a difference in both my professional and personal life.”

“I have started to notice beforehand when I am getting flustered and stressed and I can now actively do something to calm down.”

“Now when I stand up, or drink water I always take the time for a Take 5”

“During stressful situations or when I notice my mind starting to wander during meetings, I Take 5 to focus back on the task at hand.”





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For pricing or further information, please contact:

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