



MindLight

Our vision is that you see yours clearly.

About MindLight

Do you want employees who thrive in the workplace?

Do you want employees who are at the top of their game?

Do you want employees who actually look forward to coming to work?



Corporate Stress Management

A major challenge in any workplace is how to minimise stress. Studies show that 44% of employees are feeling a high amount of stress at work. Workplace stress costs the Australian economy over 15 billion dollars per year, impacting on your organisation's productivity, performance and profit.

MindLight stress management programs bring proactive workplace habits to your business, making the wellbeing of your staff a priority.

Practical meditation and mindfulness techniques enable employees to reduce the negative effects of stress in both their work and private lives. The process is enjoyable, inspiring and can be implemented immediately. These techniques are backed by scientific evidence.

MindLight can work with you to develop a program that suits your business, your staff and your budget. Katherine Pinczuk, the founder of MindLight, is uniquely qualified to deliver tailor-made programs that adapt to your organisational needs in a flexible way. The consultation process (prior to booking) ensures you are confident in your decision to choose MindLight to reduce stress in your workplace.

Potential benefits of MindLight programs for your business:

- Less staff turnover
- Less absenteeism
- Less presenteeism (showing up for work but not being fully present)
- A reduction in stress related worker compensation claims
- Better staff relations
- Increased loyalty and commitment
- Stronger teams
- Better decision making
- Greater focus and clarity of thought
- Enhanced creativity
- Improved communication



Negative impacts of stress on your business:

When the mind goes into the Fight –or – Flight – or – Freeze response for significant periods of time, the capacity for effective decision making can be significantly diminished.

- Stress can cause errors at work due to a decreased ability to concentrate.
- Stress can cause arguments and ineffective interactions with other employees and clients.
- Stress related health issues mean more staff call-in sick with concerns such as: insomnia, headaches, back pain, gastrointestinal disorders, fatigue, anxiety and depression.
- Stress at work can affect the personal lives of employees leading to negative attitudes, cynicism and a decrease in motivation.
- Stress maintained over a prolonged period of time has been shown to cause burnout.

About Katherine

Katherine Pinczuk is an Internationally Qualified Meditation Teacher with a Certificate in Meditation Teaching and Holistic Human Development from the Inner Voyage College. She is an executive member of the International Institute for Complimentary Therapists and a member of the International Meditation Teacher's Association. Katherine is also an experienced author, with a Master of Arts in Creative Writing from the University of Technology, Sydney and a Bachelor of Arts in Humanities, with Distinction, from the University of Western Sydney.

Core Offerings

- Meditation and mindfulness events to inspire your meetings and conferences. POA
- Stress Management Programs in-house or at an amazing venue. A series of 4-6 weekly sessions, of 60 minutes duration, at a time to suit your business. POA
- Meditation and mindfulness workshops specifically tailored to the goals and challenges of your organisation. Topics include: Team Building, Communication, Creativity, Intuition, Motivation and Leadership. POA
- Retreats. Combine an add-on workshop to an existing retreat, or a complete wellbeing package can be developed. POA
- De-Stress In The City. De-activate stress, De-clutter your brain and Direct your focus to the present moment. A 60 minute boost of calm, positive energy and relaxation at your workplace. Small groups (less than ten) \$350.00 per hour. Large groups – POA
- Executive Skype Calls –a personalised meditation to relax, unwind and release stress. Price \$150.00 for a 1 hour session.

MindLight...
making your
workplace shine



A Happy & Healthy Workplace Builds a Culture Of Trust.

MindLight programs are suited to all industries and levels of ability. MindLight is not associated with any particular religious, cultural or ethnic background.



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