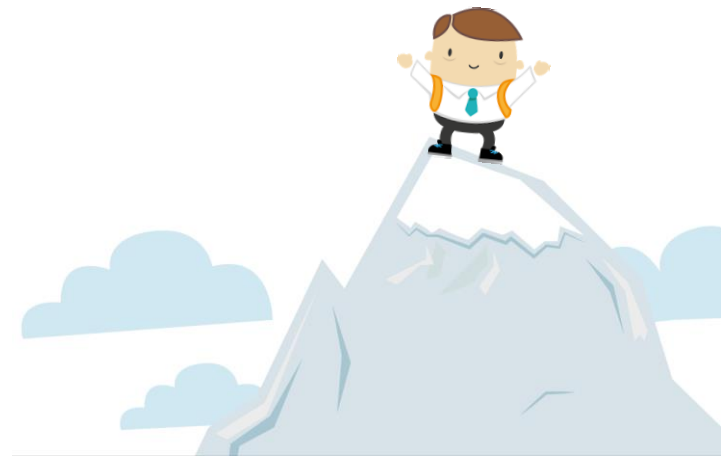




MINDFULNESS INITIATIVE

How to bring mindfulness to your organisation



LIFEUP MINDFULNESS – PROJECT LIFE CYCLE

Vision / Business Case



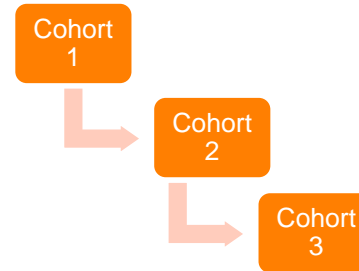
- Mindfulness to improve employee wellbeing and business outcomes
- LifeUp Programme:
 - Virtual delivery
 - Low cost offering
 - Easy implementation
 - Scalable
 - Impact tracking
 - Engage community and build network
 - Develop a mindful work culture

Roll-out Programme



- Publicise LifeUp mindfulness across Organisation networks
- Employees register at Lifeup.be/YourOrgName
- Submit email + employee/student ID
- Complete wellness questionnaire
- Virtual 'train the facilitator' webinar
- Pick start date
- Commence 'mindfulness club' / in person meet ups

Community Expansion



- Chance to repeat course (3x per year)
- Weekly 'mindfulness club' meet ups
- Empower LifeUp 'Graduates' to become 'Trainers'
- Potential for mentoring or budding to build mindful community
- Build into objectives / meeting structures to create mindful work culture

Monitoring & Evaluation



- Pre/Post wellbeing questionnaires
- Track participant progress and impact
- Ongoing Monitoring & Evaluation to inform delivery and refine offering
- Possibility to include Organisation specific questions in impact tracking
- Demonstrate delivery on business case for further investment as required (eg. global?)

LIFEUP VISION & MISSION

The **LifeUp** vision is to mainstream mindfulness and foster a generation of human wellbeings - equipped with the insight, life skills and support to nurture mental wellbeing and maximise their experience of life

At **LifeUp** our mission is to help you move from survive, to thrive... And to do so with some passion, compassion, humour and style!

What is the vision and mission of a mindfulness initiative in **your organisation**?



YOUR VISION & MISSION?

[*Your Organisation's*] vision is of a diverse community, connected over the shared life experience of mental health, that are proactively and consistently practicing mental wellbeing skills.

[*Your Organisation's*] mission is to organically grow the mindfulness community by providing a safe environment to explore, develop, learn and grow structured mindfulness skills via an ever-present well-being platform to exercise mindfulness muscle.



OBJECTIVES?



- Employee Wellbeing
- Build collaborative culture – An enjoyable work environment
- Business Outcomes (Indirectly)



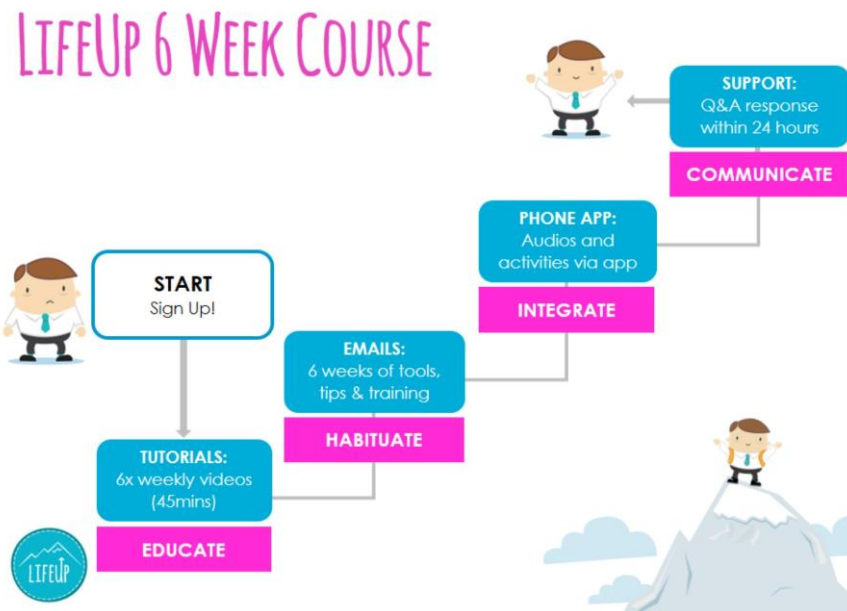
REQUIREMENTS?

- Learning Approach
 - Structured/skills based learning
 - Standardised (secular) terminology
 - Continual practice for habit forming
- Community feel
 - Harness employee enthusiasm for mindfulness
 - Employee led & run
- Ever-present well-being platform to exercise mindfulness muscle.
 - Scalable & affordable
 - Accessible 24x7 (office/home/out)
 - Support via in person 'mindfulness meetups'



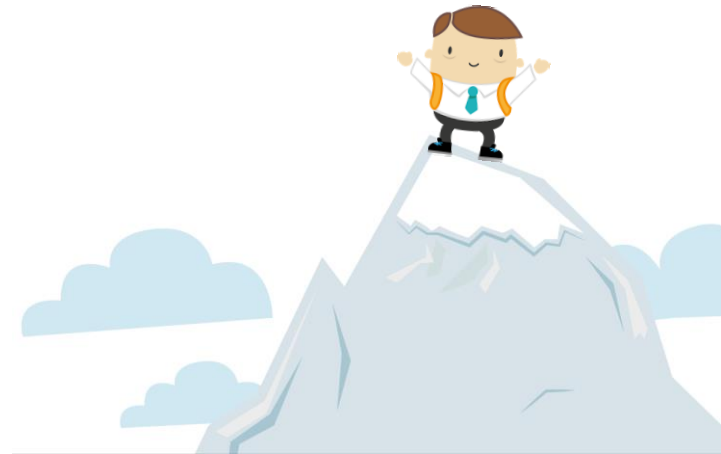
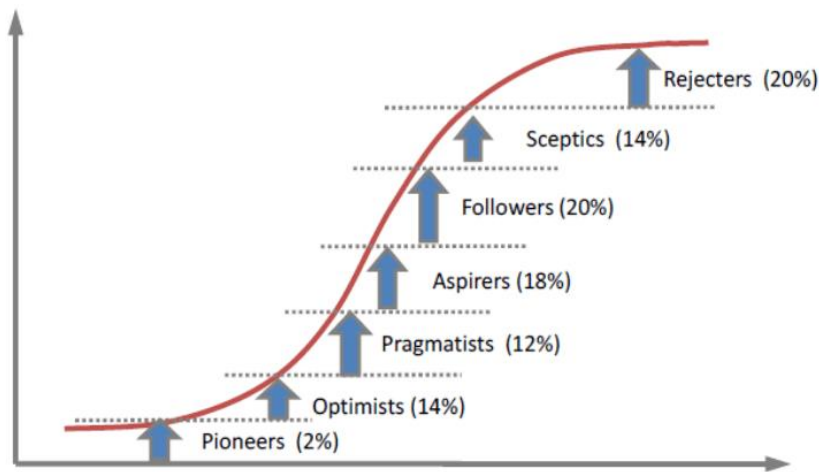
READY...GET SET...GO!

- Identify Mindfulness Champion (*Sponsor*)
- Identify Trailblazers! (To run the mindfulness initiative)
- Create your own communication approach/platform e.g (mailgroups/Mindfulness SharePoint)
- Mindfulness platform selected - LifeUp! ✓



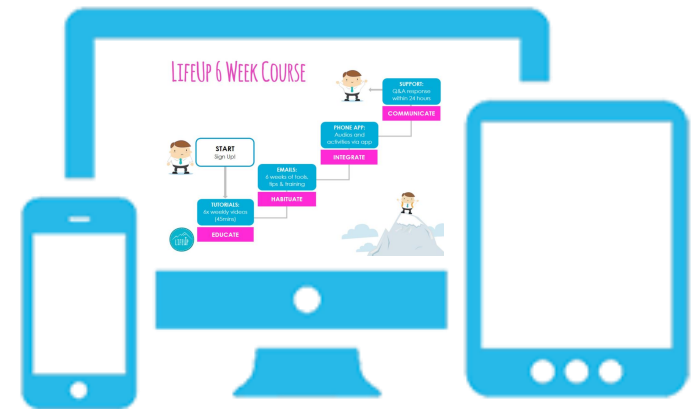
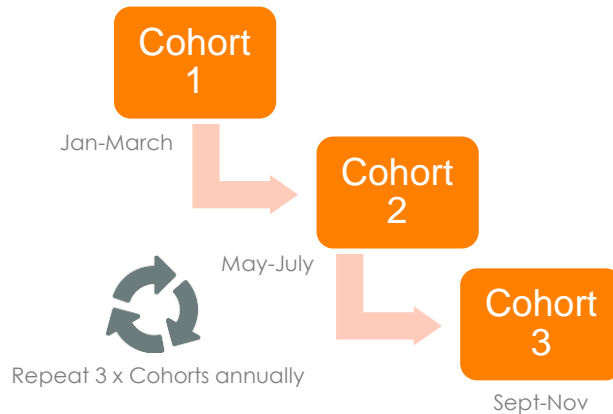
READY...GET SET...GO!

- Identify Target audience for programme broadcast
- Communicate the vision and programme.
- Suggested rollout plan:
 - Yr. 1 - Target 'Pioneers' & 'Optimists'
 - Yr. 2 - Target 'Pragmatists' & 'Aspirers'
 - Yr. 3 - Target 'Followers' & 'Sceptics'



READY...GET SET...GO!

- Complete **Participant** Registration for Cohort 1
- Complete **Facilitators** Registration for Weekly Mindfulness MeetUp



* Contact LifeUp @ www.lifeup.be/contact for your organisation's registration page and access to the lessons plans



READY...GET SET...GO!

Mindfulness Meetup **Facilitator** Checklist

- Download weekly lesson plan resources
- Familiarise yourself with the lesson plan content
- Book room x 6 weeks (Video/Audio/Internet)
- Send the meetup invites to cohort

- Follow lesson plan each week
- Play favourite snippet of each week's video (optional)

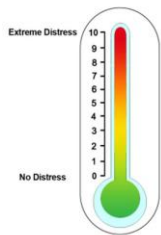


READY...GET SET...GO!

Monitor/Reports

Key performance Indicators:

Mindfulness 'Power' Momentum
versus
Emotional 'StruggleOmeter'



Pre/Post wellbeing questionnaires available

Contact LifeUp for more info
@ www.lifeup.be/contact



STAGES OF CHANGE

