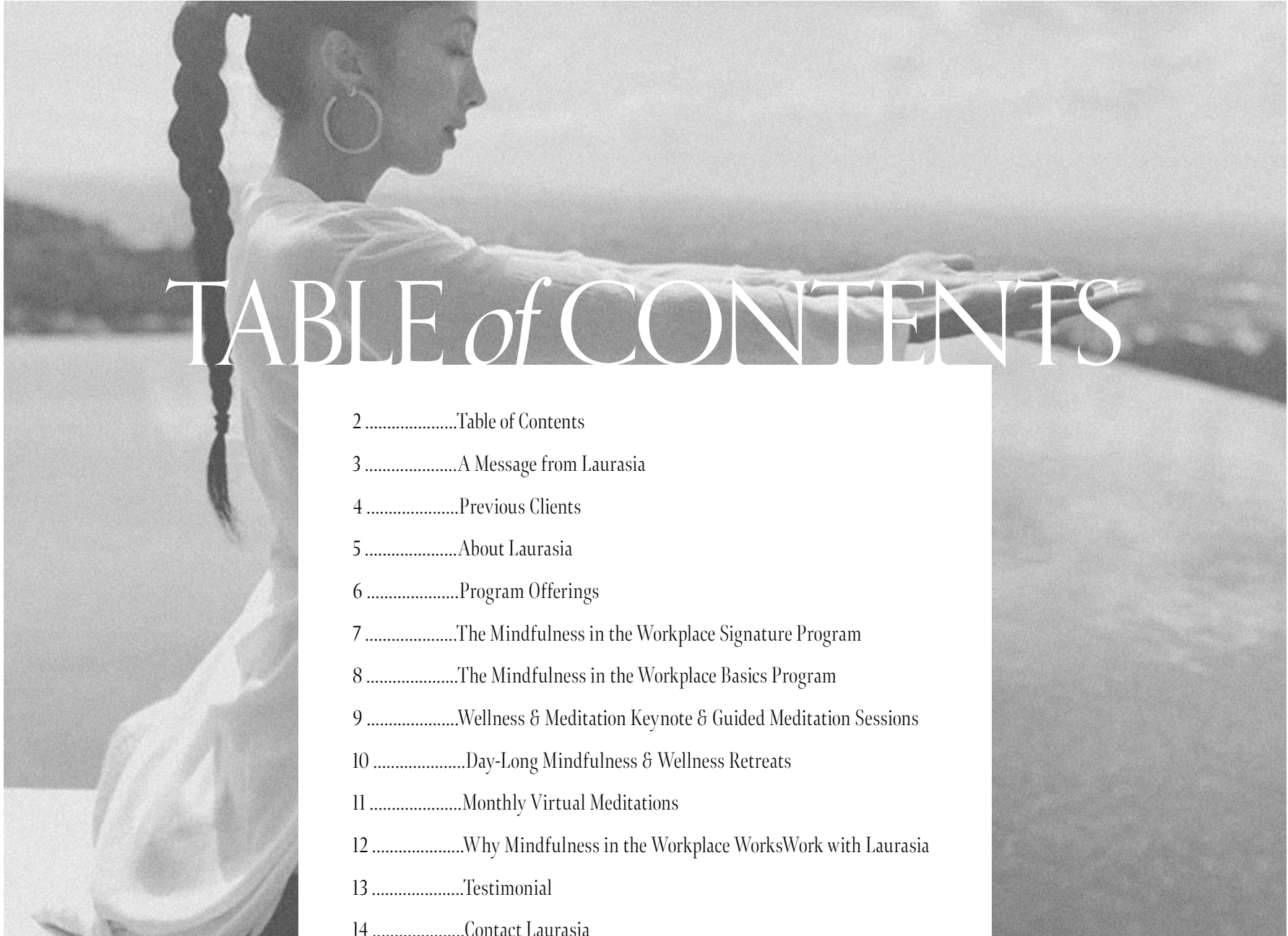


Mindfulness in the Workplace

*with*

**LAURASIA  
MATTINGLY**





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# A Message from Laurasia



Thank you so much for taking time to consider the Mindfulness in the Workplace offerings. I know that this may be a brand new experience for you and your company, and I want to make meditation as simple, secular and accessible as possible for you.

The Mindfulness in the Workplace offerings have been carefully designed based on years of clinical research experience and mindfulness-based curriculum development for corporate meditation.

Mindfulness in the Workplace is based on several scientific outcomes of meditation like increased happiness, productivity, focus, flexible decision-making and stress resilience. When bringing mindfulness and meditation into your workplace, you can expect these fundamental changes along with team cohesion and greater overall satisfaction at work. This program has the capacity to completely transform your workplace culture and employee experience.

When you dedicate time during the workday to meditation, your return on investment is often greater than you can imagine as mindfulness has a way of optimizing your daily life experience, making you the best version of yourself.

This program is sure facilitate a collective improvement in health, happiness and well-being. I invite you to step into the benefits of meditation today and start experiencing Mindfulness in the Workplace.

Warm Regards,

*Laurasia*

# Current & Past Clients

Laurasia uses her mindfulness training to help clients find joy, peace, and happiness in the present moment. At the end of your mindfulness training you'll have the tools to conquer emotional obstacles and limiting beliefs to become more productive, happy, focused, and well-balanced in every aspect of life.



Moët Hennessy



COACHELLA



THE DEN  
MEDITATION



The NOW

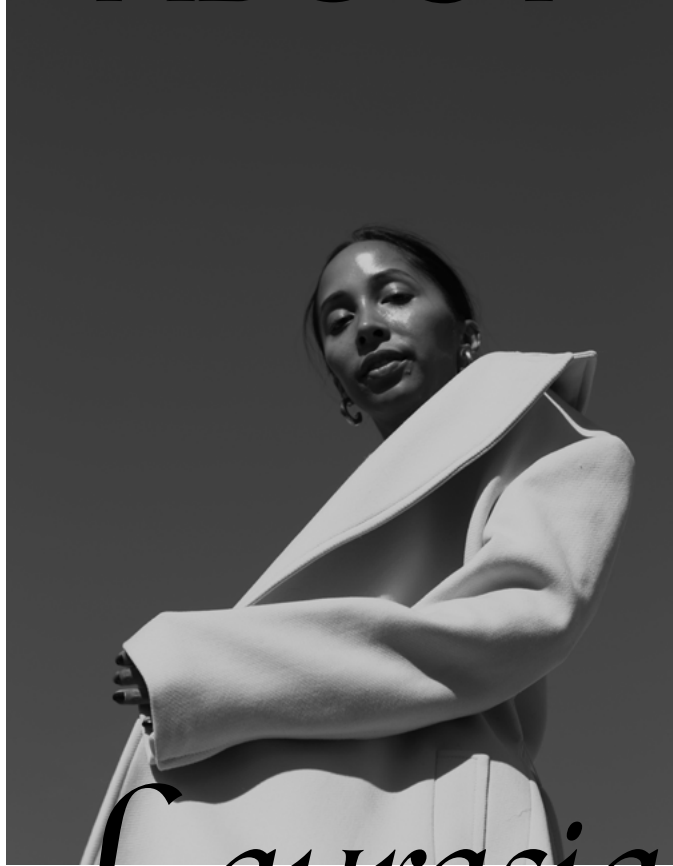
FOUR SIGMATIC

Seed

journey  
MEDITATION

Intelligent Change

# ABOUT



*Laurasia*

Laurasia Mattingly is a certified (400 hr) meditation instructor, Reiki Master, and life coach (you could say she's somewhat of a spiritual nerd). After experiencing the transformative qualities of meditation to overcome her own obstacles in life, Laurasia now seeks to share the power of the practice her clients.

After years of exploring her own spirituality, Laurasia found her calling in teaching people to live by the way of the heart. Laurasia guides her students by sharing the tools to finding peace, joy, and ultimately happiness in the present moment.

She remains committed to her practice by pursuing additional education through the UCLA Mindful Awareness Research Center's MAPs courses, and attending silent retreats annually. Laurasia has also completed UCLA Semel Institute of Neuroscience and Mindful Awareness Research Center's intensive practitioners program.

Laurasia has led meditation at Coachella Valley Music and Arts Festival, Lightning In A Bottle Festival and collaborated on events with the Moët & Chandon, Scooter Braun Productions, and Soho House to name a few. Laurasia is also an ambassador for Lululemon. You can catch her classes locally at the DEN Mediation in Los Angeles.

# PROGRAM

With live in-person or online Mindfulness in the Workplace sessions facilitated by Laurasia, you can create a company culture with mindfulness, resilience and emotional intelligence at its core.

# OFFERINGS

*This way »*

# 1. *The Signature Program*

Key Topics:

- Managing stress
- Increasing focus
- Cultivating creativity and productivity
- Mindfulness-based communication skills
- Mindful habits for health and happiness

20-30 minute sessions designed to cover meditation and mindfulness fundamentals in the workplace. Clients then can move into a regular weekly session format comprised of guided meditation and didactics on mindfulness in the workplace topics, like how to further develop a mindfulness-based work culture and how individuals can benefit most from a meditation practice.

30-minute stand alone session with Q&A

BOOK NOW



## 2. *The Basics* *Program*

### Key Topics:

- The basics of meditation and mindfulness and simple, accessible instructions on how to meditate effectively.
- Science-backed benefits of meditation and how the practice can specifically help individuals at work.
- Techniques and best practices for growing a consistent meditation and mindfulness practice.
- In-the-moment stress busters and mini mindfulness techniques to help manage stress on the spot.
- Introduce your employees and your company to meditation and mindfulness at work in this 4-week introductory program. 4 30-minute weekly or bi-weekly sessions are held live— in-person or online.

2 30-minute sessions (bi-weekly or weekly)

BOOK NOW

4 30-minute sessions (bi-weekly or weekly)

BOOK NOW





# 3. Keynote Speaker

Wellness and Meditation Keynote & Guided Meditation Sessions

Key Topics:

- Introduction to meditation
- Mindfulness at the workplace
- The science and benefits of meditation
- Meditation and heart health
- Managing stress with meditation
- Self-care and stress resiliency
- Peak performance through meditation
- Essential tools for productivity
- Workplace health, happiness and success
- Mindfulness-based leadership for executives

These sessions are designed to be 1+ hour standalone sessions comprised of didactics, guided meditation, and optional powerpoint presentations on meditation, mindfulness at work or specific wellness-related topics. Whether for your Workplace Wellness Program, your Employee Benefits Program or an employee perk, these sessions are designed to be a fun, interactive, inspirational and educational mindfulness-based experience. and direct others who develop artwork or layouts.

1+ hour intensive

[BOOK NOW](#)





## *4. Day-Long Mindfulness Retreats*

A day of mindfulness and wellness can cultivate deeper personal and professional satisfaction for employees and executives. During a Day-Long Mindfulness & Wellness Retreat with Laurasia, participants will be introduced to a variety of health and wellness topics focused on self-care, stress management, as well as greater happiness and peace of mind. There will be periods of meditation, team-building exercises centered around mindfulness, mild mindful movement and mindful eating practice with healthy meals.

These day-long retreats can be held on-site at your workplace or at an off-site location and are highly personalized to each client.

4 hour intensive

[BOOK NOW](#)

# 5. Monthly Meditations



I use my training in mindfulness and Buddhist psychology to curate a meditation based on your business's needs. Whether you're looking to create a more mindful work environment, reduce stress on employees, increase kindness, or feel more joy, I will design a beautiful personalized practice for your team.

2 virtual 30 min sessions a week

[BOOK NOW](#)

<i>MORE</i>	<i>LESS</i>
<i>Focus</i>	<i>Rumination</i>
<i>Attention</i>	<i>Sick days at work</i>
<i>Productivity</i>	<i>Inflammation in the body</i>
<i>Creativity</i>	<i>Stress</i>
<i>Resilience</i>	<i>Anxiety</i>
<i>Emotional intelligence</i>	<i>Depression Bias</i>
<i>Leadership</i>	<i>Procrastination</i>
<i>Well-being</i>	<i>Self-judgment</i>
<i>Compassion</i>	
<i>Teamwork</i>	
<i>Health</i>	
<i>Happiness</i>	
<i>Self-awareness</i>	



The beautiful thing about working with Laurasia is her authenticity and relatability. She makes her students feel comfortable. I appreciate that she shares her personal experiences and how she applies the teachings to her life.

-RASHA GOEL

# Contact Laurasia



EMAIL: [mattinglylaurasia@gmail.com](mailto:mattinglylaurasia@gmail.com)

WEBSITE: [www.laurasiamattingly.com](http://www.laurasiamattingly.com)

INSTAGRAM: [@laurasiamattingly](https://www.instagram.com/laurasiamattingly)

Laurasia is a Los Angeles-based meditation instructor and reiki master.

If you'd like to hire Laurasia for one of her Mindfulness programs please email her at [mattinglylaurasia@gmail.com](mailto:mattinglylaurasia@gmail.com).