

Mindful Leadership & Wellbeing

HR in Action 2021 Conference

Myrto Legaki, Founder & Managing Director



one breath

MINDFULNESS CENTER

OUR CLIENTS



TWO PILLARS OF FOCUS

Mindful Leadership

Awareness (Self/Others)

Empathy

Compassion

Focus

Conscious choice

Wellbeing

Resilience

Stress management

Mental health

Physical health

Habits for selfcare

Performance – Engagement - Trust

MINDFUL LEADERSHIP

Self Awareness

- Thoughts
- Sensations
- Emotions
- Behaviors
- Values & Goals

Awareness of others

- Emotional Intelligence
- Empathy
- Communication
- Compassion

WELLBEING

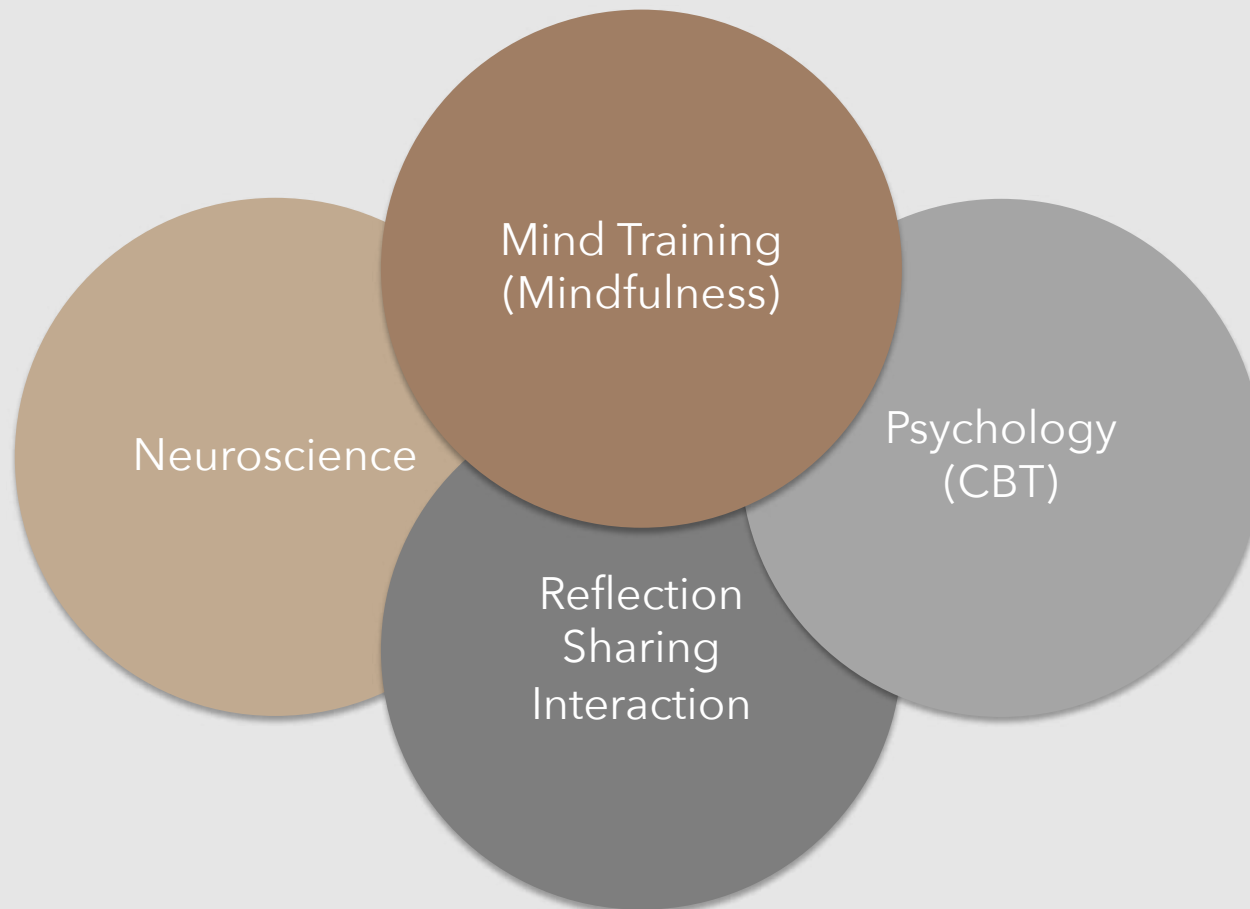
Self Leadership

- Focus
- Self-regulation
- Creativity
- Compassion
- Self-care

Leading Others & Organization

- People-centric Culture
- Strategy
- Processes

Science-based effective tools for performance, resilience and wellbeing.

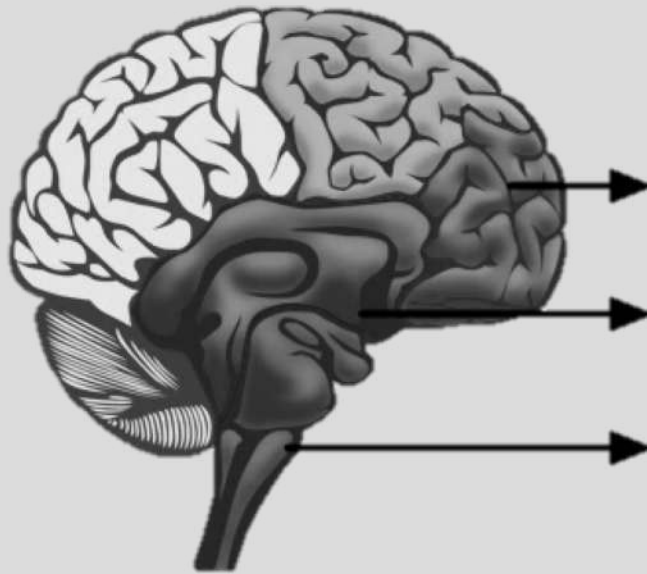


NEUROPLASTICITY



CHANGING FROM THE INSIDE

We create new habits for mental & physical wellbeing that change the way we live and work for the better.



Brain *changes* **Mind**

Mind *changes* **Brain**

BENEFITS

Over 6.000 published scientific studies confirm numerous benefits.



Mental Wellbeing

- Increases focus and attention
- Sharpens memory
- Boosts creativity
- Improves efficiency
- Improves communication skills
- Creates collaborative environment



Emotional Wellbeing

- Reduces stress and anxiety
- Helps manage difficult emotions
- Reduces symptoms of depression
- Cultivates empathy and compassion
- Contributes to meaningful relationships
- Improves emotional intelligence



Physical Wellbeing

- Boosts immune system
- Improves sleep
- Improves pain management
- Lowers blood pressure
- Reduces chronic stress symptoms
- Supports health prevention

MINDFUL PRACTICES

PEOPLE



Stress Reduction Resilience, Wellbeing

- Stress reduction exercises
- S.T.O.P. practice
- Self-care habits (sleep, nutrition etc)
- "What can I control?" practice



Focus, Creativity Productivity

- Mindful focus exercises
- Monotasking
- Manage energy, not time
- "What's important now?" practice



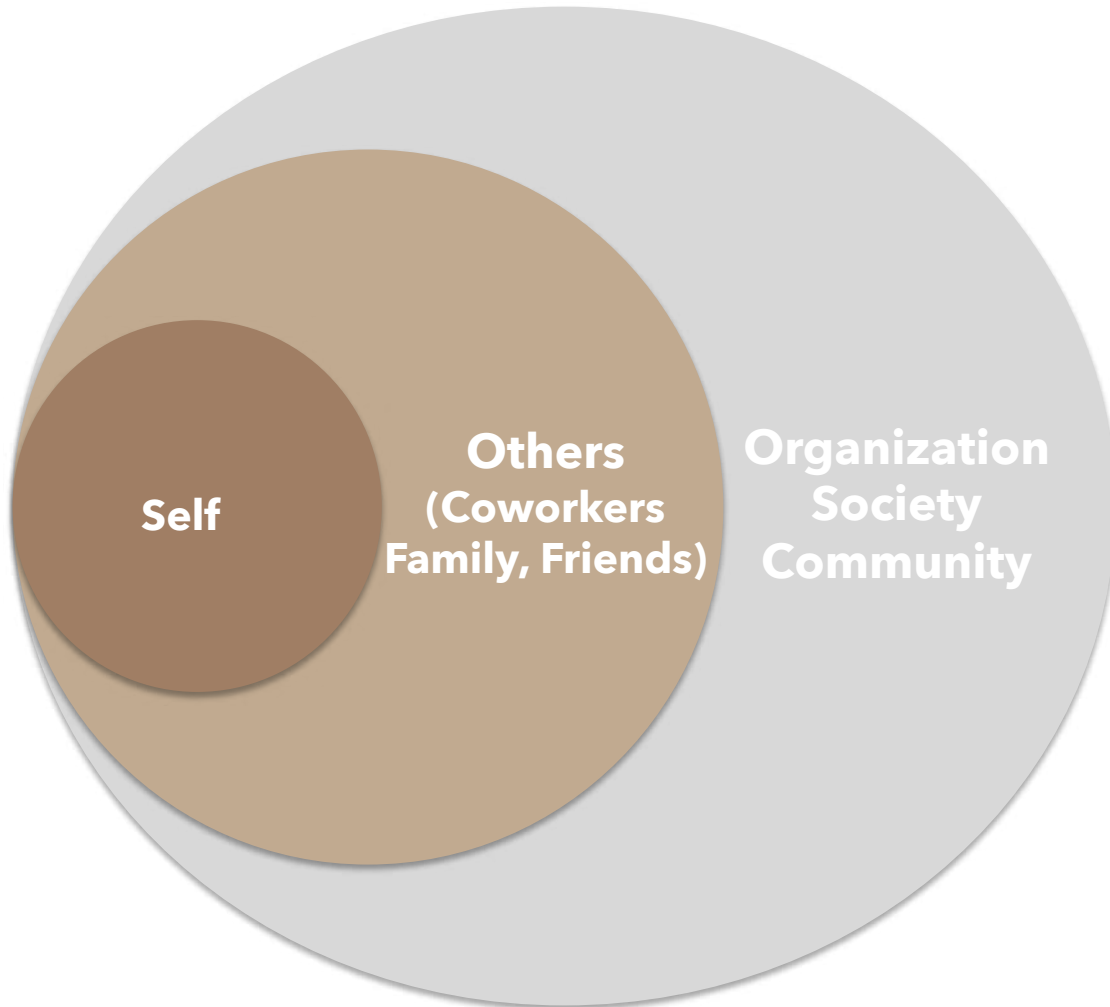
Empathy, Compassion Communication

- Mindful awareness exercises
- Ask genuine questions
- Practice non-judgement
- "Just like me" practice

ORGANIZATION

People-centric culture
Holistic wellbeing programs
Long-term planning
Top management support

MINDFUL LEADERSHIP



**It begins
with ourselves.**

MINDFUL LEADERSHIP



WIN
Individual

WIN
Organization

WIN
Community

AREAS OF FOCUS



Our offerings focus on four key pillars.



**Resilience
Mental Health
Stress
Management**



**Performance &
Focus**



**Wellness, Health
Work Life
Integration**



**Communication
Effective Teaming**

OUR HOLISTIC WELLBEING OFFERINGS

NUTRITION

Nutrition Services

Personalized guidance as well as nutrition tips that support wellbeing through online consultations with our certified nutritionist: current health status evaluation, goal setting and regular reviews for encouragement.

Easy online booking and delivery via videocall.

MOVEMENT

Movement Classes

Online movement classes in various modalities, that support physical health and fitness. Classes include yoga, Pilates and strength training. Participants exercise with live or recorded classes at home, with the guidance of our instructors.

Easy online booking and delivery via online educational platform.

MENTAL HEALTH & DEVELOPMENT

Resilience & Performance

Explore our portfolio of indepth mindfulness-based programs that deeply support employee mental health and performance by reducing stress, cultivating emotional intelligence and building resilience, awareness and focus.

Webinars & Online Education

Engaging experiential online live and recorded workshops on a variety of themes around stress management, resilience, performance, wellbeing, work life integration, mindful leadership, parenting etc.

Webinars can be customized and last from 1 to 4 hours.

DEVELOPMENT PROGRAMS

EXECUTIVE & LT

Executive Leadership Programs

Highly customized coaching programs for leaders, C-Level executives (1on1) and Leadership Teams. Helps leaders transform their behaviors and capabilities using science-backed mindfulness-based methodology. Focused on achieving the individual's goals and aligned to your organizational needs.

WEBINARS

Webinars

Engaging experiential online workshops on a variety of themes around stress management, resilience, performance, wellbeing, work life integration, mindful leadership, mindful parenting, compassion etc. Can be customized for small or large audiences and duration from 1 to 4 hours.

IN-DEPTH

Group Coaching Programs

Two highly participatory and experiential in-depth 6-week online group coaching programs focusing on:

- 1. Resilience**
- 2. Performance**

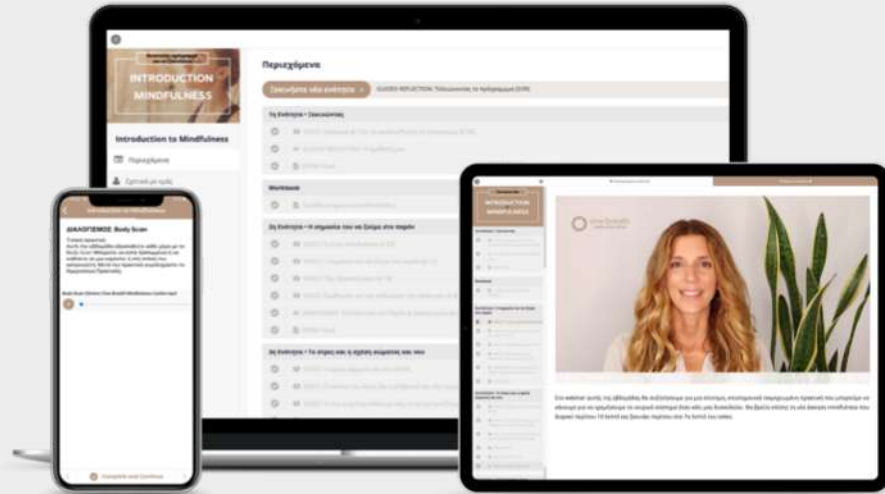
Our programs help participants change behavior patterns by rewiring the brain, based on theory, group sharing, tools and 15min daily at home practice.

ON-GOING

Mindful Moments Drop-in Sessions

Continue to support your people over time, with our 20min drop-in sessions that include mind training, breathwork and meditation, Q&A and tips for daily work and life. The sessions help bring a sense of balance as well as build connection and peer support.

OUR ONLINE LEARNING PLATFORM

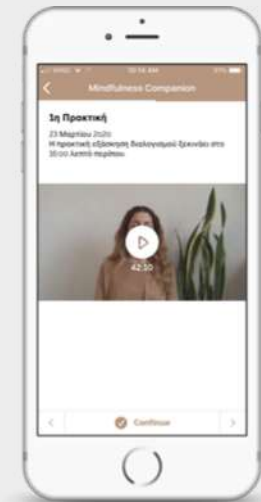
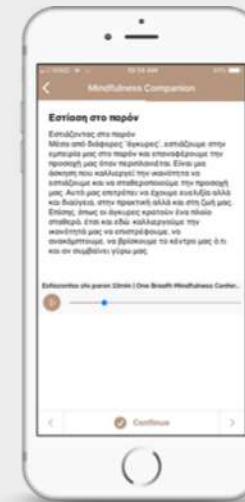
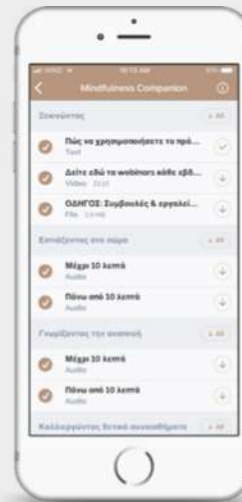


WHAT IT OFFERS

- Online wellbeing educational programs around our four key areas of focus
- Hosted on a robust e-learning platform with video, audio, print material and support
- Access via web as well as mobile app (iOS only)
- Access via all devices (laptop, tablet, smartphone)

HOW IT BENEFITS YOU

- Effective and cost-efficient way to support your entire organization
- High quality, science-backed content
- Self-paced learning
- Reporting



AFFILIATIONS & CERTIFICATIONS



Σύνδεσμος
Διοίκησης
Ανθρώπινου
Δυναμικού
Ελλάδας





one breath

MINDFULNESS CENTER

www.onebreath.eu

info@onebreath.eu