

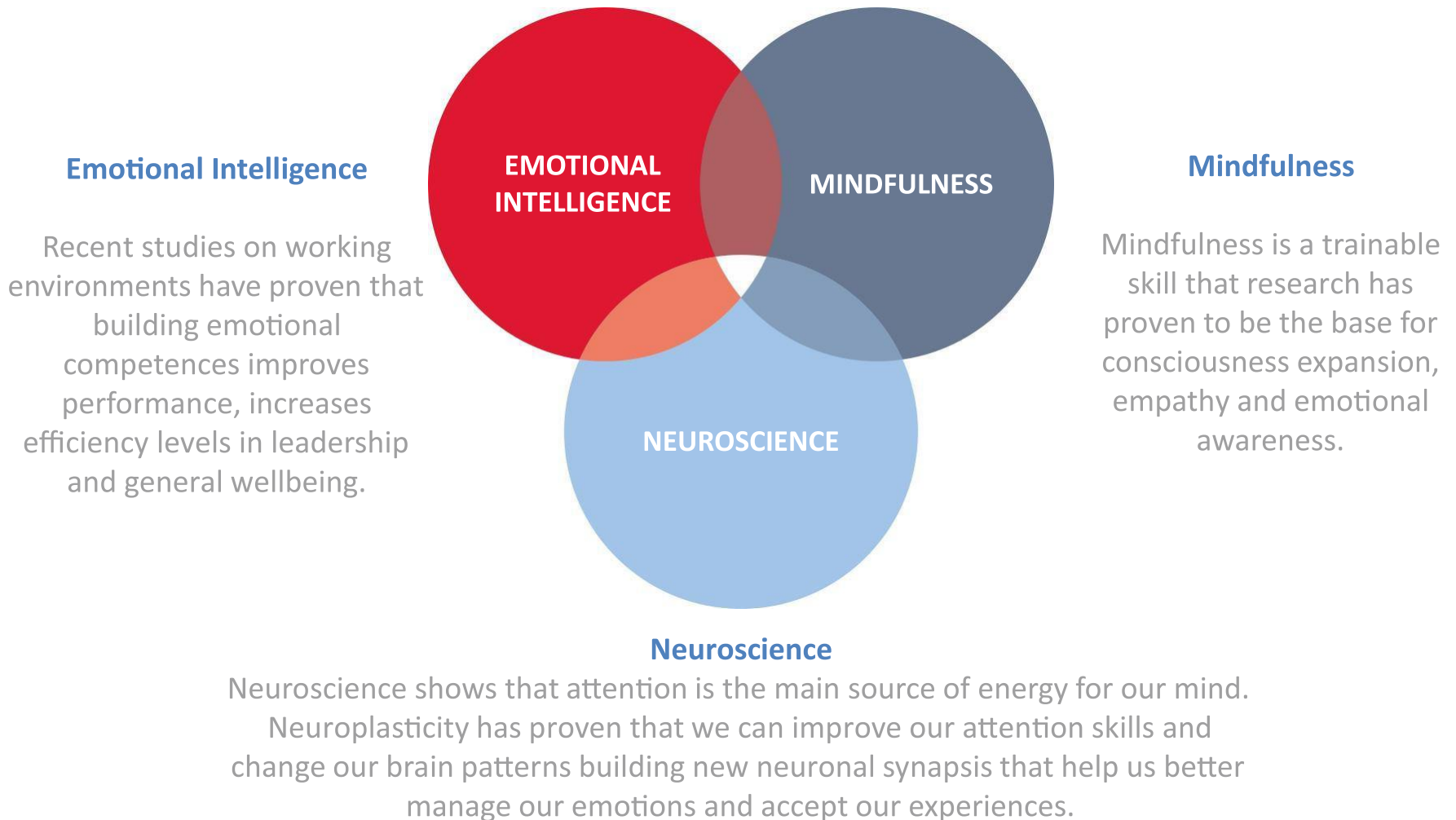
# MINDFULNESS & EMOTIONAL INTELLIGENCE PROGRAM

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# PROGRAM DESCRIPTION

- ✓ Prepared by the best teachers & researchers in the field of mindfulness, emotional intelligence and neuroscience, this program combines these 3 areas of knowledge;
- ✓ With mind training exercises that have been scientifically tested, participants will learn how to improve their consciousness and wellbeing;
- ✓ Developed by the Google HR team and successfully implemented in Google, as well as in many other companies like SAP, Boeing, Medtronic, Blackrock, etc.;
- ✓ The program was designed with the aim of being an instant support for Real work-life challenges facing every manager or employee.
- ✓ The program delivers reach and complex concepts in a practical and accessible way;

# PROGRAM DESCRIPTION



# PROGRAM DETAILS

- ✓ 8 week program, with one session of 1h30 every week.
- ✓ Soft skills are developed throughout the program, namely Emotional Intelligence that will allow each participant to create new mental habits and understand how the mind works and how emotions can be managed.
- ✓ The program balances content and practice, in a learning-by-doing experience that allow them to embody the knowledge (meditation practice, mindful listening, empathy, resilience, vulnerability, etc.).
- ✓ Finally, the program provides concrete and practical tools for daily use with a direct and positive impact in our lives.

# PROGRAM DETAILS

SESSION 1

**The power of  
attention**

SESSION 2

**Generosity &  
Gratitude**

SESSION 3

**The rooth of  
emotions**

SESSION 4

**Strong Emotions  
& Resilience**

SESSION 5

**Empathy**

SESSION 6

**Intention**

SESSION 7

**Vulnerability**

SESSION 8

**Back to Essence**



# PROGRAM OBJECTIVES

- ✓ Improve global wellbeing and develop key soft skills amongst participants;
- ✓ Help managers and employees to raise awareness of their mind processes and emotions (respond vs react);
- ✓ Raising conscious awareness and adopting new habits, the program intends to increase productivity, improve the decision making processes and enhance a more transparent and fluid communication;
- ✓ By incentivizing authenticity, the program creates conditions to promote innovation, idea generation and risk taking in a safe environment;
- ✓ The program teaches efficient stress coping tools.

# PROGRAM BENEFITS



## Expands Leadership competences

By increasing awareness of their emotional and mental conditions, participants increase their capacity to take conscious decisions, to delegate and to align their individual purpose with the company mission.



## Improves performance & cooperation

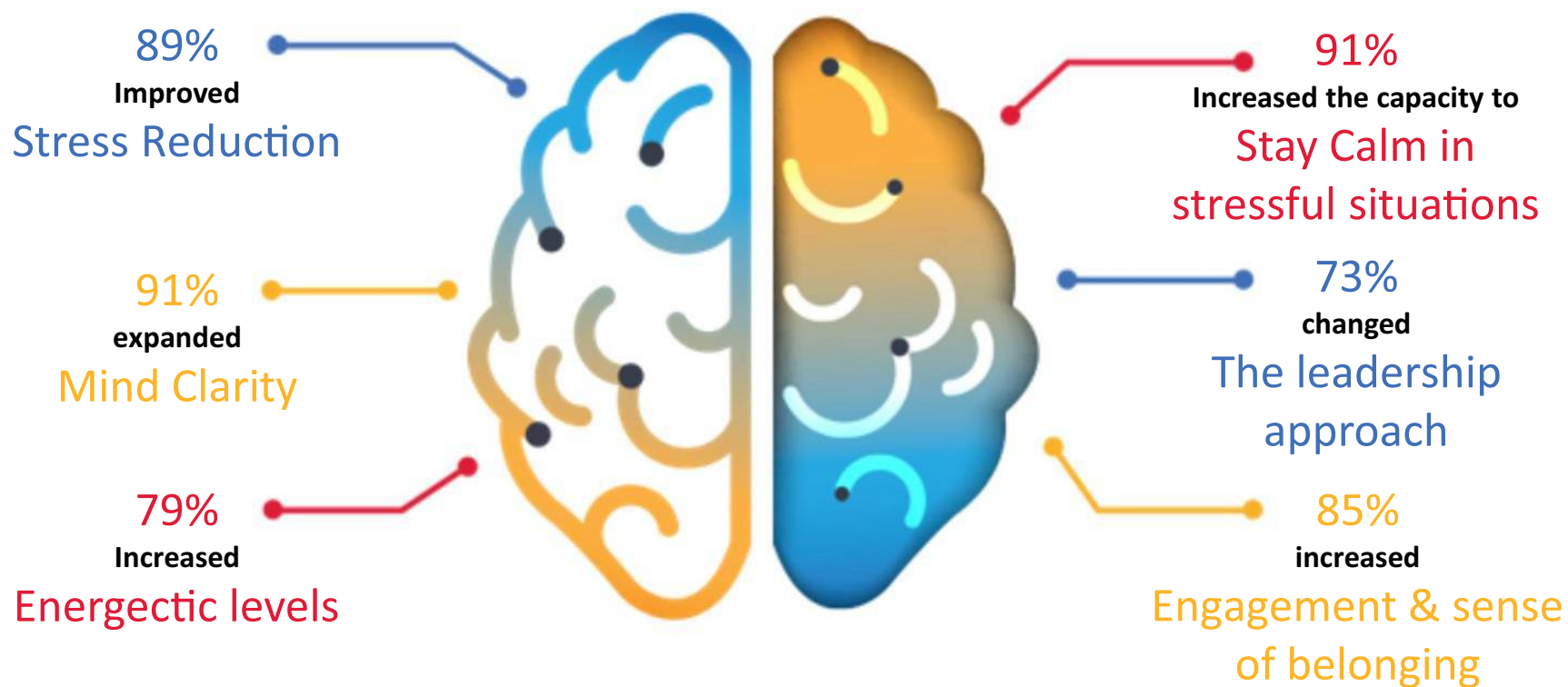
Expands & stimulates brain regions associated with focus, memory and executive functions. Promotes empathy, interconnectedness and a sense of belonging.



## Potentiates well-being & resilience

Increases resilience, gives concrete tools to cope with stress and worry, potentiates global work-life happiness. By engaging employees it reduces absenteeism and decreases turnover.

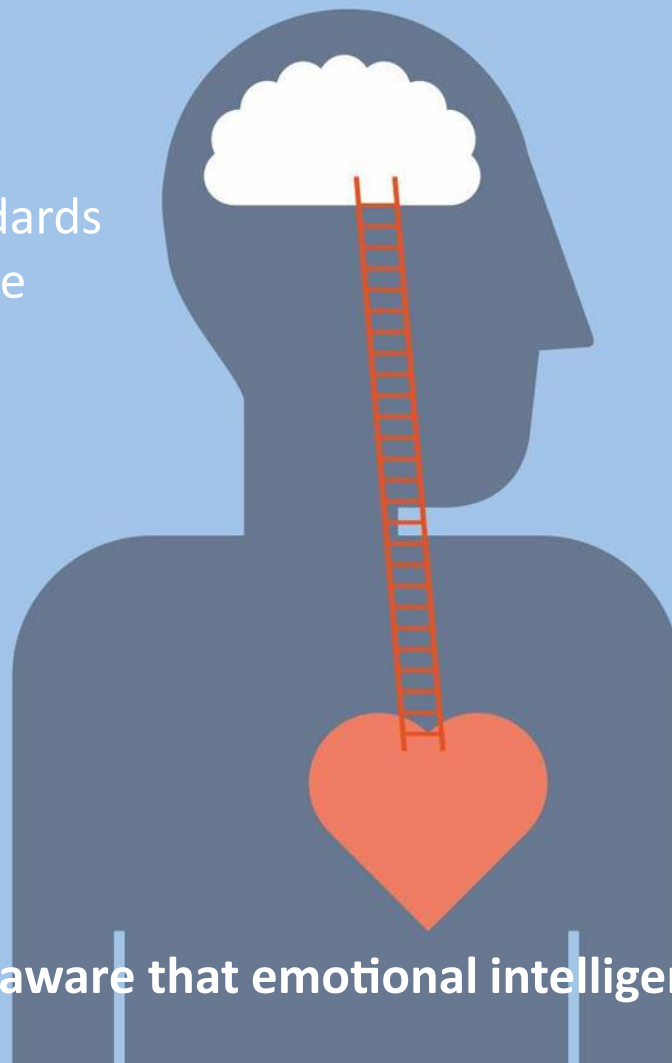
# NUMBERS SPEAK FOR THEMSELVES





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**90%** of successful leaders show high standards of emotional intelligence



**60%** of our professional success is explained by emotional intelligence

... but many are still unaware that emotional intelligence is a trainable skill !!!

## PARTICIPANT REVIEWS

“ *My team and I highly appreciated that parenthesis in our busy daily life. Qualitative time to step back, listen to each other and learn how to communicate better with others, realize our own strengths and improve other skills. I look forward to have more.*

Charlotte Lecarpentier, Head of Marketing, Clarins

“ *Undoubtedly a program that has a huge of impact on people and organizations... not only at the level of personal development and growth, but also in the construction of group awareness, thus increasing the team spirit and creating a sense of belonging within the organization as a whole!*

Luísa Aguiar, Head of HR, SAS Portugal

“ *The program was very interesting, the overall satisfaction level was excellent and at the end of each session we could feel a yearning for more.*

Helena Dias, Head of HR, Manvia