

MINDFULNESS @ WORK

COPENHAGEN, AUGUST 2011 SEMINAR

PARTICIPATE - LISTEN - GET INSPIRED

Why do **Apple, Google, Facebook, EBay Yahoo and GE** use mindfulness training as corporate tool for employees and executives? Because it works!

Work life requires a high degree of clear focus and concentration. These skills can be trained and lead to much greater performance and efficiency.

Would **25% less stress** be welcome? Would better **negotiation skills** be helpful? Would up to **50% more emotional stability** be valued?

For the first time world leading experts from the corporate world, academics and mindfulness masters come together to discuss how mindfulness training can benefit corporations and employees.

Learn about:

How do I become more efficient in reaching my goals?

How can I enhance the productivity of my organisation?

How do I become the leader of my private and professional life?



Ph.D. Alan Wallace

HOW TO MAKE THE MIND EFFICIENT

With a Ph.D. from Stanford and more than 35 years of intensive training Mr. Wallace is one of the world leading experts in mindfulness.



MD Sander Tideman

MINDFUL LEADERSHIP

As MD of Global Leaders Academy and a former VP of ABN AMRO Bank Mr. Tideman is a leading authority on mindful leadership.



CEO Christian Stadil

HOW MINDFULNESS BENEFITS ME AS A LEADER

As CEO of a number of international companies and having practised mindfulness for many years Mr. Stadil knows the value of the method.



Prof. Jochen Reb,

EFFECTS OF MINDFULNESS AT WORK

Prof. Jochen Reb from Cambridge University Business School is a pioneer in researching the organizational and individual effects of mindfulness at work.



Prof. Jayanth Narayanan,

EFFECTS OF MINDFULNESS AT WORK

Prof. Narayanan from National University of Singapore Business School is a pioneer like prof. Jochen Reb. They are collaborating on a number of studies.



MD Rasmus Hougaard

MINDFULNESS IN BUSINESS - AN OVERVIEW

Mr. Hougaard is MD of the Potential Project, the only global provider of mindfulness at work and creator of the Corporate-Based Mindfulness program

DATE AND PLACE

Copenhagen, Monday August 8th
15.30 - 18.00pm
Venue TBA

REGISTRATION AND PAYMENT

Registration before July 15 - 300dkr
Registration after July 15 - 350dkr
Register & pay at:
www.potentialproject.com/booking

CONTENT AND FORMAT

Key notes, Panel discussion and Q&A
Moderator: Wolfgang Ricke,
former CFO, Sony

