

Spread Mindfulness --- at Your Workplace

Make The
Success and
Wellbeing of
Your
Employees a
Priority

Urban Yoga Lab: Alexandra Kafka - Morgane Dethier - Aminata Ly - Sarah Dulait



Oxyzn™

A woman with long dark hair is seen from behind, sitting on a white chair at a white desk. She is in a meditative pose with her hands raised in front of her. On the desk are two small potted plants and a clock on the wall. The background is a bright window with a view of greenery. Overlaid on the image are four statistics in large, bold, black text, each with a horizontal line underneath. The statistics are: 21%, 14%, 30%, and 56%.

21%

According to Mind more than one in five (21%) agreed that they had called in sick to avoid work when asked how workplace stress had affected them.

14%

14% agreed that they had resigned and 42% had considered resigning when asked how workplace stress had affected them.

30%

30% of staff disagreed with the statement 'I would feel able to talk openly with my line manager if I was feeling stressed'.

56%

56% of employers said they would like to do more to improve staff wellbeing but don't feel they have the right training or guidance.

How Can You Help Your Employees?

You may have heard that yoga and meditation help in reducing stress and anxiety. But did you know that they can also help us to increase our productivity?

Boosting productivity seems to become a priority for many disorganization during the WFH era, as many employees are suffering both mental, due to reduced social interaction, and physically due to lack of exercise. So why not run a weekly meditation or yoga session for your employees to help get them out of their slump and back to being focused, productive and healthy?

By encouraging healthier habits via a virtual workplace wellness programs you show your employers that you care. In the long-term, these classes can result in improved employee morale, lower absenteeism and employee turnover.

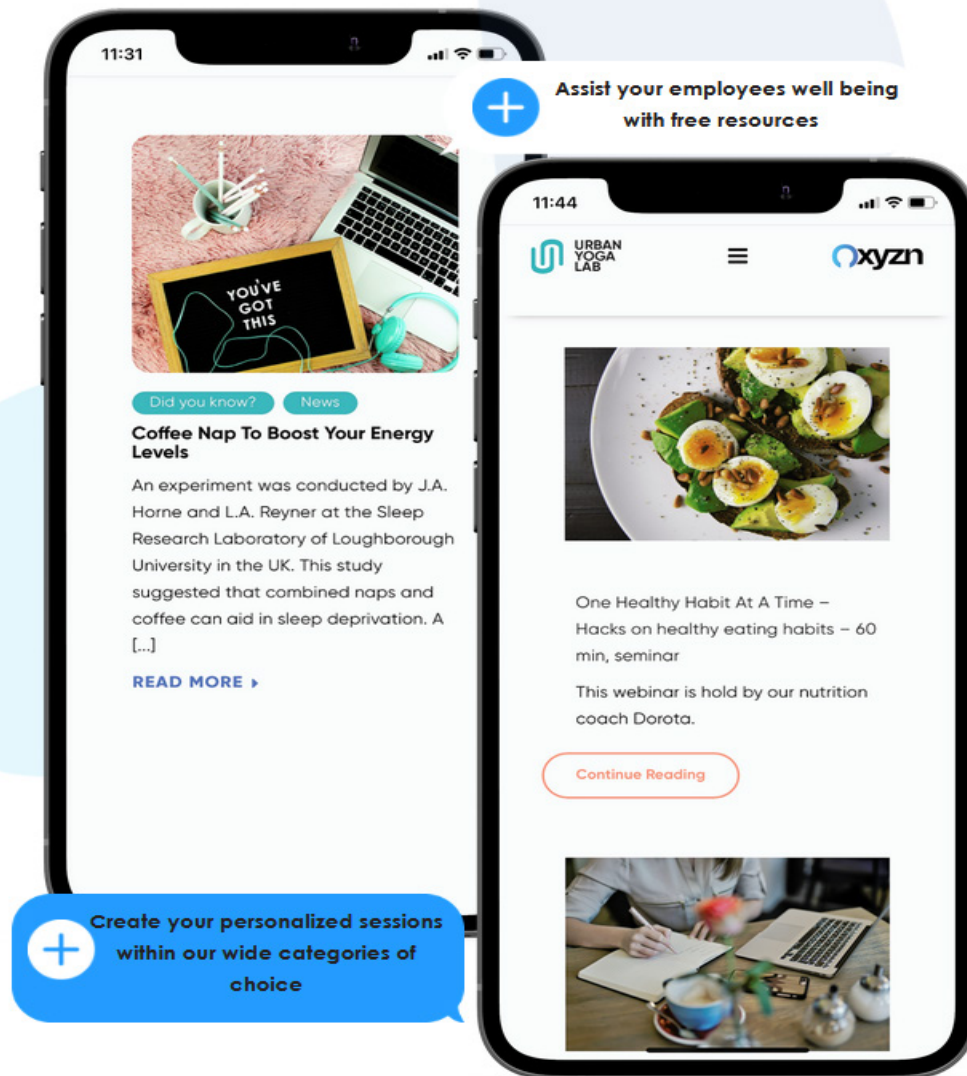


Awake your Employee's Zen Warrior

Designing and delivering a bespoke wellness programme for your employees can have multiple benefits including decreased insurance and liability costs and as a result you might see a ROI sooner than you initially expected.

One of the best ways to engage your employees is to deliver on line sessions interactive and personalized. By having an instructor who knows employees by their names, their previous experience any their health issues you create a personal relationship between your staff and the coach.

Also, by introducing challenges and rewarding your employees who participate more often, you can transform those virtual wellness sessions into fun team bonding activities. In case most of your employees work on a hybrid model, you can have those sessions taking place at your facilities and broadcast them virtually to the employees who WFM



A lot of remote employees feel the need to pour all of their energy into their work in order to feel productive while being cooped up at home, and thus neglect their mental and physical well-being. This ends up having the opposite effect and leads to burnout and loss in productivity.

As employees are at high risk for zoom fatigue, burnout and toxic productivity it is really important to bring mindfulness practices into the workplace.

This will give employees permission and space to think — to be present — leading to mental agility, resilience and self-awareness. In addition, mindfulness can reduce emotional exhaustion, increase openness to new ideas and develop compassion and empathy. Mindfulness practices are a powerful way for employees to practice self-care and self-love and as a result to feel happier. Encouraging your employees to practice mindfulness techniques, and consider booking a session.



Remind Your Employees to Practice Mindfulness

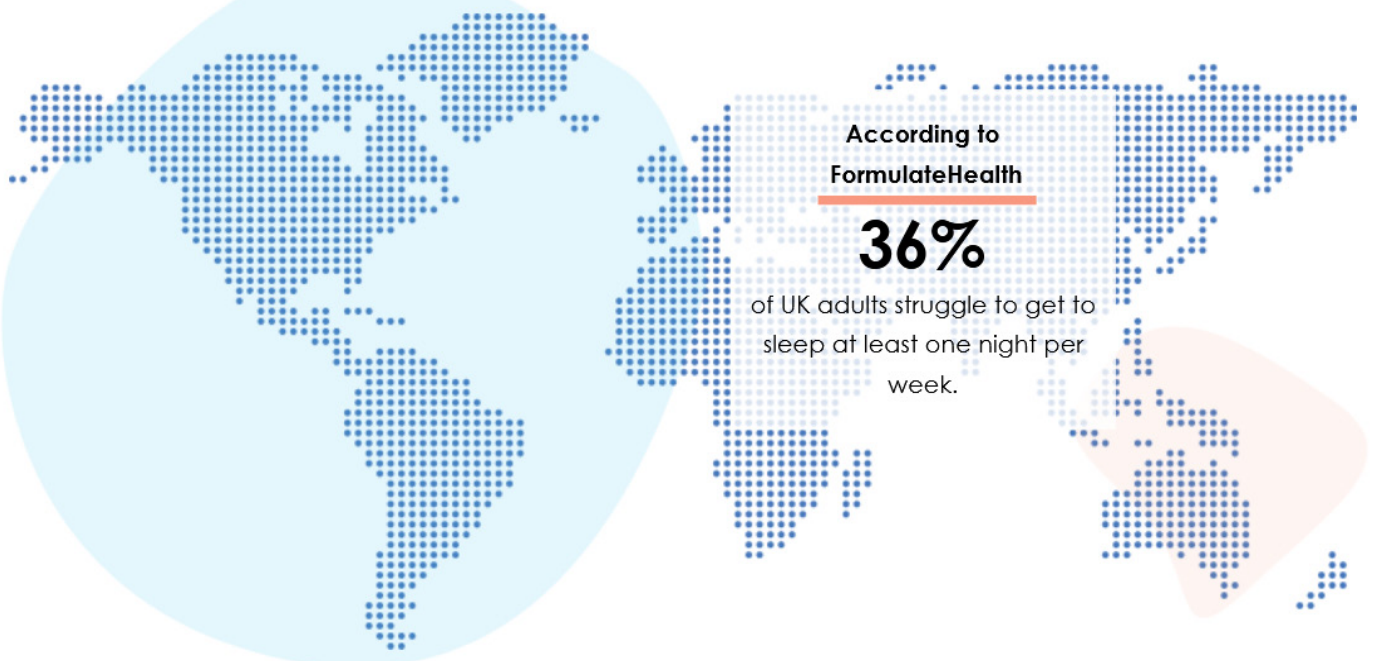


Cohesive Teams Win!

Perhaps one of the biggest challenges for you might be about how you ensure the cohesion of your teams while in a virtual, or hybrid working setting. Be sure you are establishing a mission, looking for diversity, asking for feedback and celebrating success.

You can also ensure the success of your teams by organizing virtual and physical interactive team bonding sessions and team collaboration events, and continuously check in with the team leaders and the other members.

and get to know one another, they'll learn how to trust and care for one another, which will support their ability to work better as a team. Some of the most successful team-building exercises can range from something as simple as using an icebreaker activity to open a team meeting to running obstacle courses and scavenger hunts to a taking a company outing to the local bowling alley. The way you choose to bring your people together is up to you and will depend on the interests, hobbies and demographics of your team!



Working from home often means working from the desk in your bedroom. Mixing the place of sleep and work is often one of the biggest reasons remote employees have sleep disorders, which is ultimately one of the biggest causes of burnout.

Educate your employees on the importance of a healthy sleep schedule. This can be done with the help of a psychologist or wellbeing expert, who could educate workers virtually through a seminar.

This would not only educate, but would also provide an opportunity for virtual discussions among colleagues who lack social connections when working from home.

To promote better sleep and health within your organization, try to install bright lights that help maintain the brain's alerting signal, or you can offer vending machines with healthy foods, and provide access to an exercise facility and space for meditation that can work as a powerful nap.



Promote a Healthy Sleep Schedule

Thank You!



Looking Forward to Winning Together!

Contact Us:

info@urbanyogalab.com

ak@urbanyogalab.com

+44 1589306851