

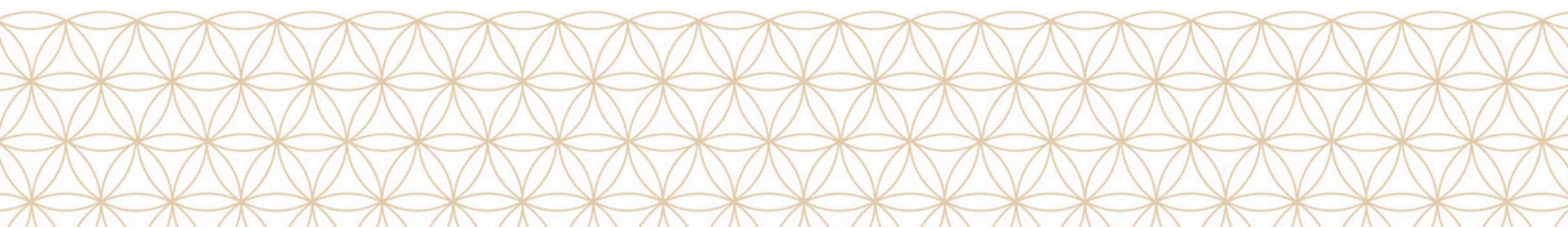


Find Bliss Within

Corporate Well-being

Program

Proposal 2024/2025





Holistic Healer & Mindfulness Coach

MEDITATION & WELL-BEING AT WORK

I have created the following, outlining how meditation and wellness at the workplace can help staff achieve a healthy mind and body and, therefore, increase productivity and overall satisfaction.

In the UK, stress, anxiety, and depression cost the economy **£28.3 billion** each year due to lost productivity. Around **17 million** working days a year are lost because of ill health caused by work stress.

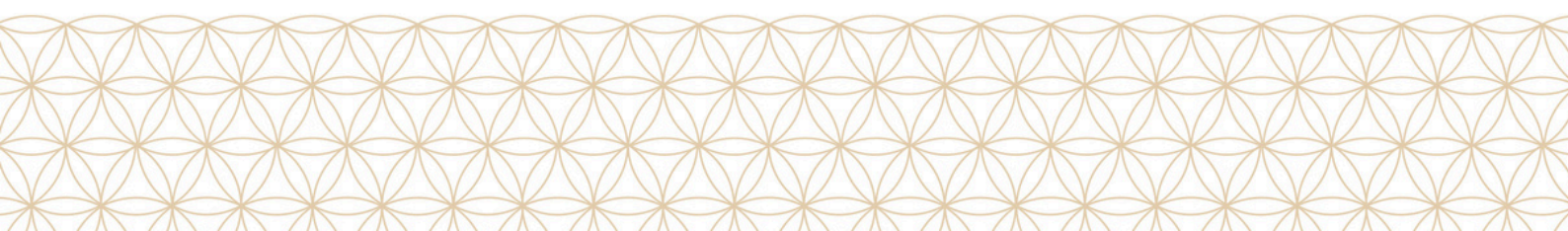
Providing a wellness program for employees is a "must-have" rather than a "nice to have".

It provides the employees with several immediate benefits, and also sends an important message:

"We value you, your health, and your well-being".

This kind of personal message encourages efficiency, loyalty and performance.

When employees feel less stressed, healthier, and valued, they are more enthusiastic about their jobs and perform better.



BENEFITS

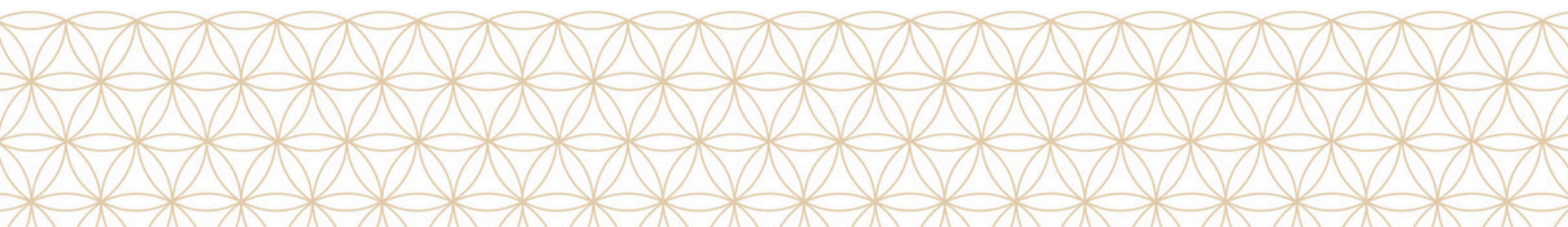


Over the past few decades, there have been many studies conducted on mindfulness and well-being at the workplace, and the benefits on the mental and physical health of employees. Here are just a few:

- Meditation can calm the mind and body by quieting stressful thoughts and activating the body's relaxation response
- Researchers from Harvard Medical School found that a meditation program led to changes in brain regions involving learning and working memory capacity. This enhances employees' ability to concentrate and focus and significantly reduces unwanted busyness of the mind
- Separate studies conducted at Northeastern University showed that 3 weeks of meditation increased compassion by 23% and reduced aggression by 57%
- Reduced stress and feelings of burnout
- Improved emotional health, including self-confidence, empathy, compassion, and patience
- Enhanced job performance and greater focus
- Group classes are great team-building sessions, which increase collaboration among employees
- Meditation enhances self-awareness and lengthens attention span
- Breathwork reconnects back to the here and now. By focusing awareness on the breath, one regains control and vanquishes stress and anxiety
- Well-being sessions improve mental and physical health, increase productivity and motivation, and therefore reduce absenteeism
- and so much more ...

Find Bliss Within Workplace well-being sessions provide employees with an opportunity to relax and rejuvenate. This enhances focus, productivity, and performance during the busy work schedule.

Tailored In-person classes are designed to fit your company's culture and schedule. They are team-building sessions that allow everyone to combat stress and depression, improve attention and concentration, and enhance awareness and resilience.





ABOUT KASIA FIND BLISS WITHIN

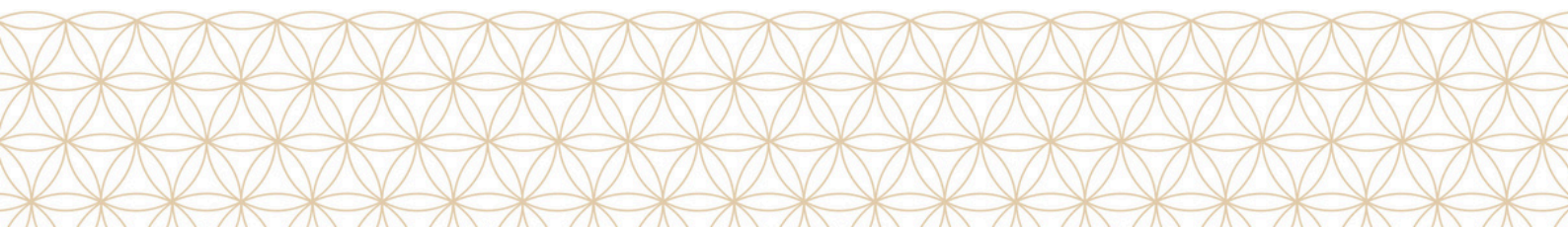
Through a combination of ancient spiritual teachings and practices Kasia, creates the space for growth, by empowering her clients to learn ancient wisdom and tools for true healing to unfold. She is a Healer and Teacher in an ancient mystery school tradition. She is a certified Guide and Ritual Master in Modern Mystery School INT. She traveled around the world to train and follow her passion for helping others live a better life. Life of Joy and Fulfillment can be only achieved by Knowing Thyself and knowing Thy Purpose. She is also a Max Meditation system leader and Stress Rescue instructor and through these practices encourages her students to explore the benefits of inner peace, stillness, and connection to oneness that is available to all. Her metaphysical teachings enable her to offer a variety of healing sessions and activations that allow the client to move beyond the suffering and limitations in life.

MEET YOUR TEACHER



Kasia Mikolajczyk

Founder of Find Bliss Within
Healer, Teacher & Guide at MMS IN
Meditation Teacher
Stress Rescue Program Instructor
Breath-work Instructor
Mindfulness Facilitator





WHAT PEOPLE SAY ABOUT FIND BLISS WITHIN

"Kasia is a wonderful and experienced teacher. These meditations are the highlights of my week, always recharging and bringing peace. Recommend to everyone as a regular practice".
~ Aleksandra Czenczek, Film Producer

"Kasia is wonderful - I couldn't recommend her more! Her meditation sessions have been especially helpful for me this past year". ~ Bryony Soothill, Opera Singer

"The first session I had with Kasia was one of the deepest and most enjoyable meditations I have ever done". ~ Lester Lyall, Student

Thank you, Kasia! I think the session was a triumph – I have never experienced anything quite like that before with my colleagues. We did carry that calm with us – much appreciated.
~ Joanna Morgan -Homes England - Windsor House Team

"Each time I see Kasia she continues to show her deep passion and wide experience of meditation and anything around self-development. Very much recommended".
~ Lewis Smith, Teacher

"Kasia is an outstandingly dedicated health, and wellness professional who combines a combination of ancient spiritual practices and modern-day therapeutic techniques".
~ James Scrymgeour, Senior Personal Wine Advisor

"Kasia is a wonderful teacher and a powerful healing practitioner. I always feel very peaceful, joyful, and centred after meditation, and I can't recommend Life Activation enough." ~ Aslihan Ozbey, Lawyer

"On behalf of everyone at Operation Smile, thank you very much for your wonderful mindfulness classes". ~ Courtney Ferguson – Corporate Partnership Officer Operation Smile

"Our weekly meditation sessions transformed our team! We always looking forward to our next session". Yaser Khan, Director

