



# Mindfulness For Enhanced Performance

Mindfulness will help improve both physical health and mental performance, bringing about greater attentional control, emotional regulation and job performance.

## Brahm Centre Corporate Client List

- Agency for Integrated Care
- Civil Aviation Authority of Singapore
- Community Psychology Hub
- Exxon Mobil
- Goldman Sachs
- Hwa Chong Institution
- Institute of Mental Health
- Keppel Land
- Keppel T&T
- Lee Kuan Yew School of Public Policy
- Ministry of Education
- National Addiction Management Services Centre
- National Council of Social Service
- NTUC Learning Hub
- Raffles Hotel
- Ren Ci Hospital
- Shanda Group
- Singapore Armed Forces
- Singapore General Hospital
- Singhealth Polyclinics
- Social Service Institute
- South East Community Development Council
- St. Anthony's Canossian Secondary School
- Standard Chartered Bank
- Swire
- Tan Tock Seng Hospital
- Titansoft Pte Ltd

## Feedback from Participants

*"I have learnt how to live in the present moment. This has given me more pleasure to enjoy my work and that also makes my life more meaningful to live for."*

*"This is a great course which can transform the way you see the world."*

*"This course works for both work and personal life. It's a must-go!"*

More testimonials available at [www.brahmcentre.com](http://www.brahmcentre.com)

## Scientific Evidence Of The Benefits

*Davidson (University of Wisconsin) found that mindfulness meditation practices both improved energy levels and enhanced the immune systems of employees in high stress jobs.*

*More mindful people were less likely to feel frustration.*

*University of Berkeley 2014*

*Researchers found that the more mindful the supervisor, the lower their employees' emotional exhaustion and the higher their job satisfaction.*

## Course Outline

Workshop 1: Enhancing Self-Awareness & Developing Positive Attitudes

Workshop 2: Understanding and Dealing with the Sources of Negative Stress

Workshop 3: Mindful Listening & Mindful Speech for Positive Communications

Workshop 4: Developing Empathy For Enhanced Teamwork

Course survey results and testimonials are available at [www.brahmcentre.com](http://www.brahmcentre.com)

## Course Booking

[info@brahmcentre.com](mailto:info@brahmcentre.com)



Happier & Healthier Living

### Brahm Centre Limited

71 Irrawaddy Road, Ren Ci Hospital #03-09

Singapore 329562 (Next to Novena MRT)

Tel: 6258 0831 | [info@brahmcentre.com](mailto:info@brahmcentre.com)

[www.brahmcentre.com](http://www.brahmcentre.com)

*Brahm Centre is a registered secular charity with IPC status, member of NCSS.*