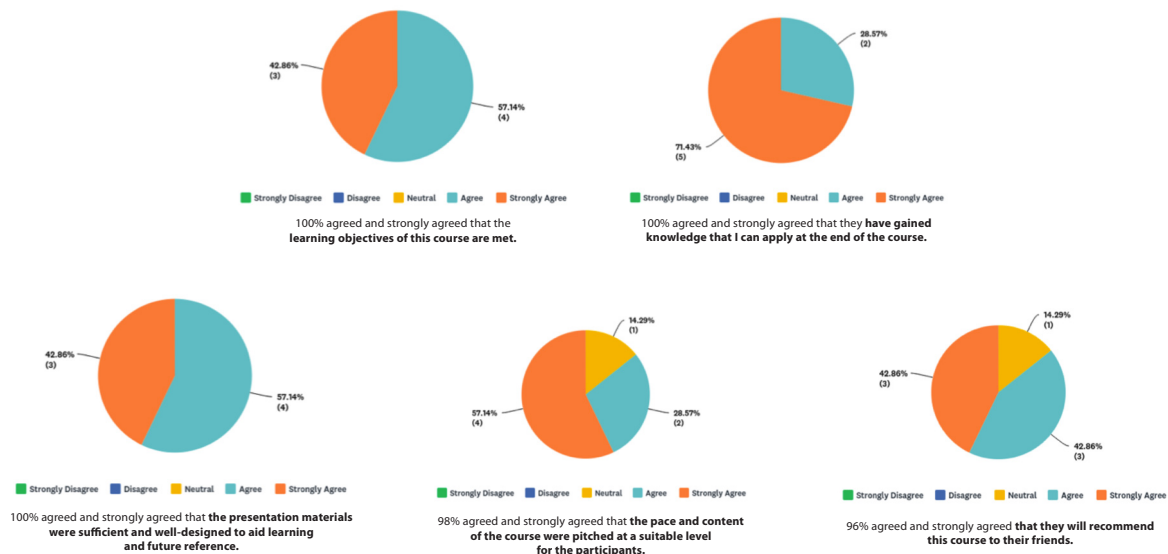


Mindfulness for Enhanced Performance



*Results are based on the survey of 52 respondents who completed the Mindfulness for Enhanced Performance Course from July 2016 to June 2017.

Testimonials from participants:

"The course is great as it helps to make you more aware of yourself and your reactions/mindset. It will teach you practical tips on the little adjustments you can do that will start you on your mindfulness journey and better mental well-being" – Participant (National Council of Social Service)

"Mindfulness session started as a refuge from work by the end of the course. I was able to find this refuge even when I was at work, just by applying techniques that I learnt. Awesome! It made me feel relaxed without needing to take a beach holiday." Participant (SingHealth Group)

"I learnt to be mindful in talking, listening and showing empathy to colleagues." – Participant (Lee Kuan Yew School of Public Policy)

"Mindfulness - it is a journey to understanding yourself, and taking control of your happiness. I have used mindfulness to help cope with the stressful situations at work, in helping to modify my attitude towards a situation and changing the accompanying emotions. It has also been helpful in improving focus and concentration, and for getting a good night's sleep." – Participant (SingHealth Group)

