

What is Mindfulness?

Mindfulness is the practice of paying attention to the present moment, without judgement. Unlike meditation, mindfulness does not require the practitioner to be seated, stationary, or in a meditative state.

It's highly adaptable and perfect for corporate audiences because it can be easily incorporated into even the busiest schedules. We can practice mindfulness during virtual meetings, while out for a jog, or to prepare for a big presentation.

Why Mindfulness?

The practice of mindfulness cultivates three main skills:

Sensory Clarity

Gaining an in-depth understanding of our present moment experience - including emotions and sensations and how they arise and fall in the body.

Concentration Power

Being able to choose what we focus on and sustain our focus for increasingly longer periods of time.

Equanimity

Approaching life with an open palm, observing our experience without clinging to pleasant sensations or resisting unpleasant ones.

Studies have shown that mindfulness initiatives in the workplace contribute to the following outcomes (Glomb et. al 2012):

- Improved working memory
- Increased accuracy of forecasting
- Improved task commitment
- Enhanced employee satisfaction
- Improved communication
- Enhanced creativity
- Increased positivity of social connections
- Reduction in accidents and cognitive failures
- Improvement of leadership development

International research conducted by Aetna Insurance found that mindfulness training resulted in **62 extra minutes of productivity** per week, a **\$3000 gain in value per employee**, and a **7% reduction in healthcare costs**. And German tech giant SAP reported a whopping **200% ROI** for their mindfulness training, resulting from decreased absenteeism, improvements in collaboration and focus, and increased engagement.

Why Kyra?

I spent the majority of my career (15+ years) working as a tech and finance copywriter. In my prior life, big brands like **RBC, Telus, and Intel** tasked me with writing 5-word copy lines to sum up 10,000 word creative briefs. I like to say that I'm adept at communicating big messages to audiences who don't have time to hear them.

Working in corporate marketing, I gained firsthand experience with the challenges that organizations like yours face each day. After pivoting into wellness leadership, I now use this knowledge to deliver services tailor-made to suit the unique needs of corporate organizations. My teachings lean heavily on the **brain science** to deliver an evidence-based, **no-fluff approach** to mindfulness. My clients range from tiny startups to multinational corporations.

Services:

- Workshops
- Keynote addresses
- 1:1 executive coaching
- Mindful meeting openers
- Custom curricula for corporate wellness programs, including: Video lessons, audio recordings, and written courses

The Unified Mindfulness Method

I'm certified to teach the Unified Mindfulness (UM) method. The UM technique combines modalities from across the world to deliver a well-rounded and results-oriented approach. This technique is uncomplicated, easy to learn, immensely beneficial, and is backed by institutions like **Harvard** and **Carnegie Mellon**.

Testimonials

"Kyra really made it easy to try something new. She explains the process so well! I loved the exercises."

"Kyra's presence is so warm and inviting. It puts an audience completely at ease!"

"Working with Kyra has been a powerful and extremely insightful experience."

"I have LOVED, LOVED, LOVED Kyra's presentations and classes. Her positive attitude is contagious and motivating!!"