



**BOAZ B. FELDMAN**

Empowering for Resilience  
Training

**Corporate  
Mindfulness  
Training Series:**

**PRO-X**

**Performance &  
Resilience for  
Organisational  
eXcellence**



## • Optimal & Durable Performance •

### PRO-X INTRODUCTION

The Corporate Mindfulness Training Series **PRO-X** - Performance & Resilience for Organisational eXcellence - increases executive and staff capacity through contemplative practices of Mindfulness. Mindfulness is a mental training, which supports the cultivation of a range of 'soft skills' intelligence:

- **Somatic:** Cultivate serenity and inner resources enabling sustainable performance in challenging environments.
- **Emotional:** Deepen resilience and quality of life in the face of stress.
- **Cognitive:** Develop one's capacity to make clear and constructive decisions for innovation.
- **Social:** Engage in empowering and compassionate behaviours to help strengthen teams and the corporation at large.

### SCIENTIFIC & ACADEMIC RECOGNITION

Contemplative practices have become evidence-based interventions, used in corporate contexts such as Google and Apple, and practiced by successful executives such as Bill Ford Jr. (Ford Motors chairman) and Michael Rennie (McKinsey managing partner).

It is taught at the universities Harvard Business School, Oxford, Berkeley and Geneva.

*"Mindfulness is a technology of mind and emotion."*

*"It helps to develop richer and clearer mental maps, making skilful and wise decisions."*

Alex Trisoglio,  
*Mindfulness & Leadership*, 2013.

*"Presence is the most essential leadership quality."*

Bill George,  
Harvard Business School,  
2015.

## • Contemplation in Action •

### MODULE CONTENTS

- 6-8 sessions.
- 2 feedback sessions, 3 & 6 months post-program.
- Training manual.
- E-Learning platform access.
- 1 full day of practice (lunch included).
- 1 private session with the trainer.
- Audio-guided meditations.

*"Taking care of one's colleagues is the surest way for corporations to succeed."*

Sébastien Henry,  
*Executives who Meditate and Engage*, 2014.

### TRAINING MODULES



#### MINDFUL LEADERSHIP

Develop an inspiring and powerful leadership presence via:

- Centredness • Creativity • Calm • Courage • Compassion



#### CONSCIOUS COMMUNICATION

Cultivate skillful interpersonal relations through:

- Emotional management • Conflict resolution • Perception enhancement



#### STRESS REDUCTION

Strengthen resilience and enhance satisfaction through various personal, team and corporate coping mechanisms.



#### HARMONY & EFFICIENCY

Strive for optimal performance, excellence and perfectionism through power and empowerment strategies and an emphasis on well-being

## • Mindful Leadership •

“The best way to predict the future  
is to create it.”

Peter F. Drucker

### MAIN OBJECTIVE

Develop a powerful and palpable presence to realize and integrate one's multiple potentials in a leadership role.



### EXPERT OPINIONS

“Leaders which practice self-awareness and empathy have increased their annual financial portfolio revenues between 15%-20%.”

David McLelland, Harvard Business Review, 2000.

“Everyday I wake up knowing that I will be confronted to a chaotic world. Without responding in a still and present way, I cannot help and lead my colleagues.”

Mark Bertolini, CEO, Aetna - Fortune 100 Company (USA).



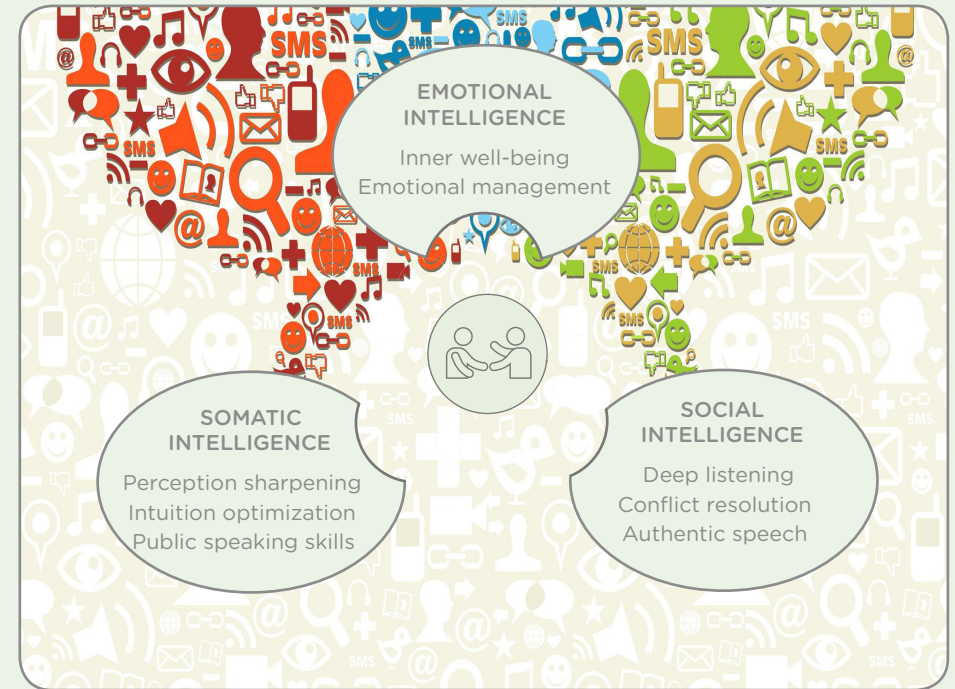
## • Conscious Communication •

“The most important thing in communication  
is to hear what isn't said.”

Peter F. Drucker

### MAIN OBJECTIVE

Cultivate a constructive inner dialogue, more efficient professional relationships, empathic persuasion skills and a trustworthy work environment.



### EXPERT OPINION

“When within yourself you are clear about what is important, your meetings and conversations are shorter, and you lose less time uselessly.”

Mark Bertolini, CEO, Aetna (34'000 employees - Fortune 100 Company - USA)



## • Harmony & Efficiency •

“Join people’s performance by making their strengths effective and weaknesses irrelevant.”

Peter F. Drucker

### MAIN OBJECTIVE

Optimize performance and corporate cohesiveness by balancing power-productivity structures in the company while deepening levels of well-being.



### EXPERT OPINION

“We need exemplary leaders who combine kindness and power, proving there is no contradiction between the two.”

John Mackey, CEO, Whole Foods Market (USA).

## • Stress Reduction •

“Our greatest weapon against stress is to know how to choose one thought over another.”

William James

### MAIN OBJECTIVE

Strengthen satisfaction and resilience through various personal, team and institution-wide coping mechanisms to reduce turnover, absenteeism and fatigue.



### EXPERT OPINIONS

“The projects’ success will depend upon the quality of the employees’ brains - of course stress reduction goes hand in hand with efficiency - it’s a win-win.”

Laurent Cuenod, CEO, Sofies (CH).

# • Empowerment & High Impact •

## METHODOLOGY



## TRAINER



Boaz Feldman is a mental coach, psychologist and certified trainer in Mindfulness approaches. He trains individuals and groups in Mindfulness across the globe in a variety of high performance sectors:

- **Corporations** - Otis, Lenz & Staehelin, Pentagon Private Banking.
- **University** - Trinity College Dublin Executive MBA Programs.
- **International Organizations** - United Nations, World Health Org.
- **Humanitarian Interventions** - Conflict zones (Afghanistan & Burma) natural disasters (Thailand), development contexts (Mozambique).

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