



BOAZ B. FELDMAN

Empowering for Resilience
Training

**Corporate
Mindfulness
Training Series:**
PRO-X Performance &
Resilience for
Organisational
eXcellence



Programs:

1. Foundations
2. Mindful Leadership
3. Performance
4. Communication
5. Stress Reduction



INTRODUCTION TO PRO-X

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:

- **Body:** 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 and corporate transformation
- **Social:** Engage in empowering and compassionate behaviours to help strengthen teams and the corporation at large

SCIENTIFIC & ACADEMIC RECOGNITION

For over 30 years, contemplative practices have become evidence-based interventions, used in corporate contexts such as Google, Apple and Procter and Gamble.

Several successful executives such as Bill Ford Jr. (Ford Motors chairman), Michael Rennie (McKinsey managing partner) and Steve Jobs (Apple) have been committed to Mindfulness practice.

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

"Mindfulness is a technology of mind and emotion, both in its scientific basis and domain of application. It helps to develop richer and clearer mental maps, making skilful and wise decisions."

Alex Trisoglio,
Mindfulness & Leadership,
2013.

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.

"Presence is the most essential leadership quality."

Bill George,
Harvard Business School.

PRO-X FOUNDATIONS



Highly recommended introductory module. Enhancement of basic contemplative abilities and soft skills over 8 sessions, introducing all forms of intelligences:

- Body
- Emotional
- Cognitive
- Social

GRADUATE MODULES



MINDFUL LEADERSHIP

Develop an inspiring and powerful leadership presence via:

- Calm • Creativity • Clarity • Courage • Compassion



HARMONY & EFFICIENCY

Strive for optimal performance, excellence and perfectionism, maintaining key values of kindness and well-being.



CONSCIOUS COMMUNICATION

Cultivate skillful interpersonal relations through:

- Emotional management • Conflict resolution
- Non-verbal perceptions • Empathy and friendliness

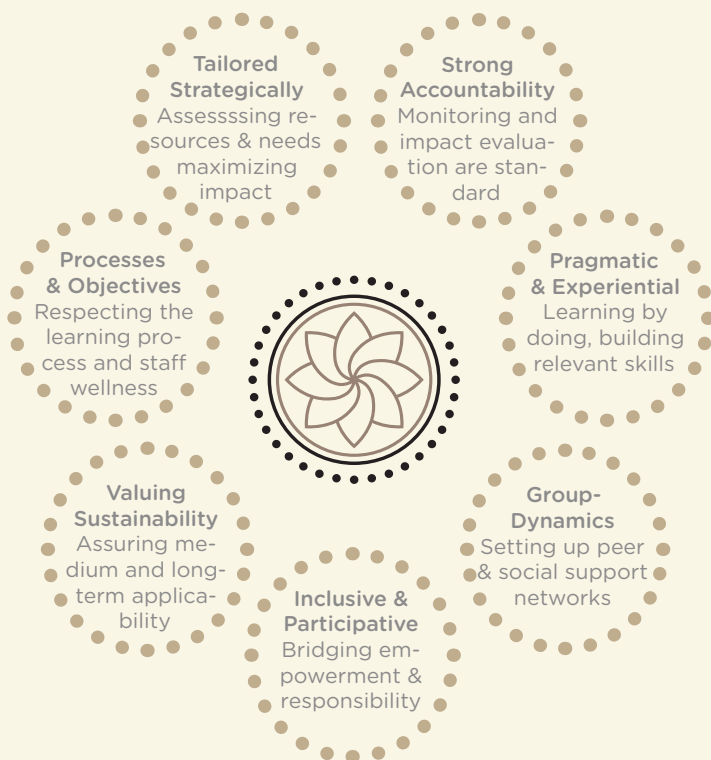


STRESS REDUCTION

Strengthen presenteeism and resilience through various personal, team and institution-wide coping mechanisms.

• 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 sectors:

- **Corporations** - Lenz & Staehelin, Geneva Police, Intern. Medical Corps
- **University** - Trinity College Dublin Executive MBA Program
- **International Organizations** - United Nations, World Health Org.
- **Humanitarian Interventions** - Conflict zones (Afghanistan & Burma), natural disasters (Thailand), development contexts (Mozambique).

For more information: www.boazfeldman.com - info@boazfeldman.com.

