

Mindfulness Meditation

Wellbeing in the workplace has become a key focus for organisations who are looking to ensure they are able to create a sustainable, engaged, healthy, safe and productive culture for their employees.



Working in
partnership with



Just Bee
Meditation

Mediation and its role in the Workplace

The modern workplace is more stressful than ever. According to the HSE (Health & Safety Executive) in 2018/19, over 600,000 people in the UK reported experiencing work-related stress, depression or anxiety. This amounts to 44% of all work-related illness.

How mindfulness meditation works and affects the working brain?

When we can take time during our working day to focus on the present, it helps us to create a stronger control on how our minds function.

By increasing our ability to focus on the present, no matter what is happening in our working day, enables us to become calmer, less stressed and anxious, more energised and spending less of our time in 'auto-pilot'.

Creating a workplace that results in a positive experience for employees brings a wide range of benefits, both physically and mentally to the employee and as a result can lead to an increase of productivity and engagement for the organisation.

One of the ways of being able to create a more positive experience is through the development of life skills such as mindfulness and meditation.

Meditation allows you to connect your mind and body to the present moment cultivating the awareness we all need in our lives to bring our minds and bodies in sync for optimum health and wellbeing. It is a simple practice that can be incorporated with ease in our daily lives and workplaces.

Mindfulness Meditation for Beginners – Half Day workplace workshop

What to expect as an attendee?

A typical 3-hour workshop outline would cover:

- Understanding what meditation is
- What the science is saying about the benefits of meditation
- Introduce mindfulness meditation techniques
- How to bring mindfulness into your life and work
- How to create your own regular meditation practice in a busy world

The sessions themselves are very informal with a mixture of teaching about meditation, discussion and guided meditations. Meditations themselves will last no longer than 10 mins at any one time.

Useful things to know

- Attendees will be provided with a workbook
- The sessions are aimed at being accessible for all with meditations being seated in a chair. If attendees need to move around often due to physical challenges e.g. back problems, that is not a problem. The workshop is set up so there is opportunity to move about in between teaching/guided meditations.

Meet the expert

About our Teacher – Karen Pearson DipBSOM

Karen is a qualified meditation teacher with the British School of Meditation who are externally accredited by Ascentis.



Karen has combined many years' experience within HR, change management and leadership development roles in both private and public sector, with over 20 years of practicing a range of different meditation techniques, resulting in the creation and delivery of mindfulness and meditation workshops that support organisations to evolve their wellbeing programmes.

At Just Bee Meditation we teach a range of different meditation and mindfulness techniques that can be incorporated into a busy lifestyle for everyday people.

For further details

WME and Bee Mediation will be providing more information about our mediation offers in the New Year. We look forward to meeting and meditating with you!

If you are eager and wish to pre-book a workshop for the New Year please contact hub@wmemployers.org.uk for further details.

Special Offer for West Midlands Coaching & Mentoring Pool Conference

Embracing the partnership ethos, WME partners Bee Mediation have kindly donated the following prize which entitles one lucky winner to:

- A one-off 3-hour Taster Workshop on site at your Council
- Max 12 delegates per workshop
- Date and all other arrangements to be agreed directly with Karen
- Please note the offer is valid until end of May 2020



“Attending the course has brought me health benefits to my state of mind, how erratic my mind was on week one and how I can recognise this now and what 5 minutes or more of meditation can do for my peace”

“It’s enlightening, the benefit of self-care has a positive impact on daily life and mindset”