

Benefits of mindfulness at work

It increases **the well-being of employees**, as well as encouraging more ethical and responsible behaviour.



It improves **performance under pressure** and in complex situations of ambiguity or uncertainty.

It enhances **self-control** and the **ability to overcome obstacles**.



It promotes **mental clarity** and **rational decisions** more **quickly**.

It enhances **cognitive functions and flexibility**.



It strengthens each individual's **connection** with their values.

It improves **leadership, productivity and stress management**.



It reduces **absenteeism and labour unrest**.

