



WELLNESS AT WORK

BY MIND AND BODY MOVEMENT



GAIN STABILITY, CONNECTIVITY, AND CLARITY
BY CONNECTING TO YOUR BODY AND
BECOME A BETTER LEADER

Wellness @ Work

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Many forward thinking organisations are bringing focus to the subject of employee wellness at work.

In so doing they are reaping the benefits of enhanced recruitment and retention, increased productivity, and reduced absenteeism due to ill-health.

But what format should these programs take? How can we avoid the “pseudo-science” and “cod-spirituality” that can accompany the term “wellness” and focus on effective proven practices that complement a modern working environment?

Mind and Body Movement (MBM) is here to help.

With a wealth of experience of delivering technical training from the board to the NOC, 20+ years study in wellness practice, and a 4th Degree Black Belt in Aikido teaching seminars in Europe, the US and Africa; David Ellard - the Founder of MBM, is uniquely placed to provide wellness services to your organisation.



Leadership in the Human Era

The workplace is changing, and with it leadership needs to change and evolve for today’s knowledge-driven economy.

It’s a depressing reality that a significant majority of employees feel, disenfranchised, demoralised and disengaged from their work, and it’s getting worse in a world of rising demand complexity.

The modern leader needs to know how to tap into people’s potential so that they can perform sustainably at their best.

While machines like computers are valued for speed, efficiency and predictability, people are more complicated. They need to fluctuate between spending and renewing energy, they need to be nourished so that their potential grows, and your business with it.

In their White Paper “The Human Era at Work” Harvard Business Review identified 4 separate core needs of individuals in the workplace: physical, emotional, mental and spiritual.

In today’s workplace, the best measure of productivity is not how much time people invest, but how much energy they bring to the hours that they work. A wise business, and a wise leader, knows that by taking care of their people, they are taking care of their business.



Leadership through Movement and Embodiment

The MBM Leadership through Movement and Embodiment workshop combines modern science and ancient wisdom. Combining practical exercises and ideas from practices such as:

- Mindfulness-Based Stress Reduction
- Aikido – “The Peaceful Martial Art”
- Qi Gong and Tai Chi
- Somatics and Embodied Charisma
- Yoga

To foster leadership skills such as:

- Providing a stable and supportive environment
- Building resilience and recognising stress in your team
- Fostering a sense of connection and belonging
- Conflict awareness, avoidance and resolution
- Developing emotional intelligence and active listening
- Developing cultural understanding and awareness
- Empowering others to self-organise and to grow
- Encouraging flexibility of thought and action

By combining practical exercises, with discussion and teaching the MBM Leadership through Movement and Embodiment workshop will prove a uniquely memorable and meaningful experience for your Leaders which will provide them with exercises and practices that they can take into everyday decision-making.

Some Key Leadership Statistics to Consider

- 30-67% of leaders are estimated to be derailed. (Management Derailment by Hogan, Hogan and Kaiser)
- Each senior derailed leader costs his/her company about \$1 million.” (Management Derailment by Hogan, Hogan and Kaiser)
- More than half of employees who quit their job actually quit their bosses, not their jobs. (Wall Street Journal)
- Leaders spend 75-90% of their time communicating. (trainingindustry.com)



Arrange a Workshop

MBM Workshops are tailored to your requirements and can run for a half-day or whole-day, they can be held at your premises or at a partner studio. To discuss arranging a workshop for your business please get in touch using the contact details below:

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