

## Awareness and Business Excellence

Approaches for innovation and stress-reduction

BODHI Principle designs professional development and personal development programs. We combine these in our Awareness and Business Excellence program to help companies build their teams and achieve their goals in a harmonious fashion. This program centers on providing participants with an introduction to meditation theory and practice, and select business performance techniques to reduce stress, and improve overall innovation and effectiveness.

Our approach is to generate a context for a person to bring out all of their experience. As shown in numerous research studies, people perform best when they are *relaxed and present* simultaneously. This state also establishes a foundation for consistent, sustainable success. Therefore, it is our focus to cultivate this experience of mindful presence with people and provide them with easy techniques to continue to grow these attributes.



### PROGRAM OVERVIEW

The Awareness and Business Excellence program is presented in a 6-session format: five weeks to present the core techniques and one follow-up session for reinforcement and questions. In the third week, one-on-one coaching is provided. This gives each participant additional training to refine the techniques. The program's structure is customized to each group's environment and schedule restrictions.

We have designed the program to effect change quickly. Within the short-term, people experience reduced stress, improved effectiveness, enhanced problem solving aptitude and an increase in their energy levels.

**For individuals**, the benefits include:

- An ability to work effectively and with presence in previously stressful situations.
- Generating greater vitality, decisiveness and clarity of thought.

**For groups or companies**, the value of the program includes:

- Reaching goals quicker in a more energized environment.
- Fostering a group that generates innovative ideas for overcoming competitive markets.
- Reducing the churn of talent

BODHI has leveraged the knowledge of research studies from academic institutions such as Harvard, Yale, Princeton and UCLA to develop our program. This research has been helpful in providing insights into the foundations of how awareness can help with areas such as stress-reduction, general health and innovation.

*"Although the practice of meditation is associated with a sense of peacefulness and physical relaxation, practitioners have long claimed that meditation also provides cognitive and psychological benefits that persist throughout the day.... This [study](#) demonstrates that changes in brain structure may underlie some of these reported improvements and that people are not just feeling better because they are spending time relaxing."*

**Sara Lazar, PhD**

Massachusetts General Hospital  
Neuroimaging Research Program

## OTHER SERVICES

### Coaching

BODHI offers coaching for individuals or teams. Based on proven approaches for effecting change, we work closely with business leaders and human resources to design customized programs.

### Seminars

BODHI presents seminars around many team development and wellness topics. From leadership techniques to areas such as healthy eating and sleep patterns, we leverage our network of world-class speakers to bring interesting subjects to teams.

### Team Retreats

We arrange one and two day corporate retreats. Utilizing elements such as executive coaching, yoga and meditation, our team designs programs for increasing team innovation and chemistry, and also provides a foundation for improving overall health.

### Yoga

We have provided on-site yoga classes for over five years. Our group of experienced teachers have helped introduce healthy and engaging courses into corporate environments. Based on a 10-week program, people practice the foundations of yoga and learn its benefits for health.

**"Our programs are designed for groups that believe their people are the most important part of their company, and want to give them the best tools to achieve everything they can."**

Rob Hartt  
BODHI

Director, Team Development and Coaching Programs





## CLIENT TESTIMONIAL

### BOMBARDIER AEROSPACE

BODHI Principle has provided team development programs for the past five years. Our focus on excellence and effecting change has allowed us to work with some of Canadian's leading companies. Our client's drive for innovation has pushed us to create new programs for enhancing corporate environments. Below is an overview of the responses from our programs:



We are happy to have worked with Bombardier for multiple years. The following is feedback regarding our **Awareness and Business Excellence** program.

For me it was an eye opener. I like the balance between theory and practice.

I believe this program is beneficial to me and is helping me to be more focused. This program compliments one's overall development (healthy body and mind).

I really see the benefit of meditation. These sessions gave me the opportunity to learn and practice. I am very pleased and will continue the practice after the course."

This program has helped me a lot, being quiet, more relaxed and feel better. Appreciated.

Very relaxing. Learning to calm myself, taking a breath each day with ease is great. Love this course.

Very positive. Provides good training to relax and re-center thoughts. Brings calmness to chaotic thoughts. Bravo!

The testimonials below are for BODHI's **Yoga and Seminar** programs:

Very interesting - captivating - teacher really knows how to get us into it. Fantastic.

This has been a great investment. Everything is coming together so we see the whole picture.

Doing this at lunch during the day is a most wonderful opportunity. I appreciate it 100%.

I was eager to see such a program in place here. I love it and would recommend it to everyone.

Very good session. Excellent instructor, knowledgeable in all domains. Great job!

It brought a different understanding than my previous perception. I am so grateful that the company made the effort to provide this and I will make the effort to benefit from this.



## CLIENT TESTIMONIAL

HYDRO QUEBEC  
DESJARDINS

Each year BODHI continues to expand its services into new corporate industries and environments such as schools and with sports teams. Underneath is the feedback of participants in our Yoga and Seminars programs with Desjardins Financial and Hydro Quebec.



Done with authentic inspiration.

The thoughts inspired me to look at ways to improve my life and my family's.

Thanks! For me it was an answer; a tool for getting my health back.

The teacher is so in control of the subjects and knows how to introduce them slowly into (our) life.

I feel I am starting to discover all the deepness of what is yoga.



An appreciated opportunity to see firsthand the benefit of yoga.

Best hour of my week! it reminded me to breathe.

Very interesting – I have learned something.

It is the first time that I hear these principles communicated with a scientific point of view. Mindfulness and meditation have been explained without any esoteric principles.

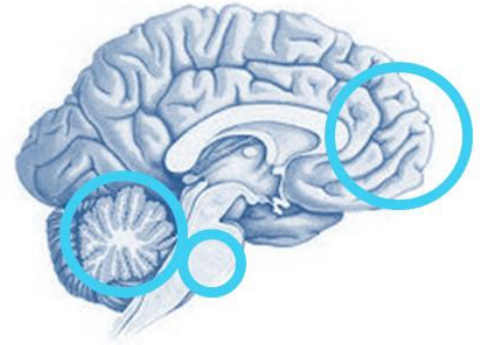


## RESEARCH AND SCIENCE

As part of our focus on innovation, BODHI works with the academic and scientific communities to develop programs that effect change quickly and provide people with long-term benefits.

Recently, a lot of research has focused on the benefits of meditation. In addition to influencing cognitive advances and greater self-awareness, these studies have found that meditation can change the structure of regions of the brain: the frontal lobe, cerebellum and the brain stem. Areas responsible for functionality such as memory, learn, problem-solving and managing stress.

We leverage these finding and introduce them in our programs to help participants understand how such results occur.



### RECENT ARTICLES

*The Globe and Mail*

Meditation changes grey matter density:

<http://t.co/8sCzodp>

*U.S. National Library of Medicine*

Meditation improves attention and cognition in four days:

<http://www.ncbi.nlm.nih.gov/pubmed/20363650>

*Science Daily*

Meditation changes brain structure:

<http://t.co/tPFk2Gp>

*USA Today*

Meditation being used in schools and hospitals:

<http://usat.ly/bkImxR>

*Post Gazette*

An overview of the application of meditation for migraine headaches:

<http://www.post-gazette.com/pg/07256/817000-55.stm>

*Business Week*

Even a little bit of practice can literally change the brain by increasing learning and memory capacity, and reducing anxiety in just 8 weeks:

<http://t.co/b2oPzkd>