

Executives Get Stressed Too! The ROI of Meditation and Mindfulness in the Workplace



Patricia A. Forde, MA, RN, brings a unique combination of experience and expertise to her work promoting the vitality, resilience, productivity and creativity of individuals and organizations. While enjoying a career with several Fortune 500 retail corporations, Pat was confronted with a series of tragedies in her own family, which added the role of caregiver to her already busy and stressful schedule as executive and mother. In response, she made numerous lifestyle changes. Then, Pat augmented her undergraduate degree in business with Master level studies in health care and aging, she furthered her knowledge base by adding her RN license, ultimately switching careers. Pat facilitates focus on identifying and minimizing obstacles that people – whether as employees or individuals –

may encounter that keep them from leading healthy, productive, creative lives and careers that are consistent with their values. Since 2008, many organizations and individuals have benefitted from Pat's guidance reducing personal stress, environmental stressors, anxiety, unfocused thinking and poor pacing. Pat's continuing interest in persons with stress in distress propelled her to become a Certified Yoga Therapist, a Reiki Master and an Acceptance, Commitment Therapy (ACT) practitioner. She has observed first-hand the healing power of these techniques, especially mindfulness and meditation in cases of trauma, stress and hurt.

Key Takeaways:

Visionary companies and leaders recognize the benefits of mindfulness and meditation and its impact on reducing stress in the workplace.

Meditation and Mindfulness practices:

1. Improve productivity, creativity and vitality
2. Improve overall physical and mental health and wellness
3. Reduce turnover
4. Reduce healthcare costs to the organization and employees
5. Reduce absenteeism and hospital visits

Meditation and Mindfulness practices in the workplace:

1. How to get started
2. Groups
3. Individuals