

mindfulness

Hoag Corporate Mindfulness Speaking Program

Mindfulness and meditation practices are scientifically proven to regenerate our brains and change the way we think and react. Hoag is leading the way by bringing corporate mindfulness to the workplace. You may select one, two or all three programs, and proposals can be tailored upon request.

Adding mindfulness to an office yields more effective communication, improved employee satisfaction and productivity. Schedule your 60-minute mindfulness program today to benefit senior executives and key clients.

1. Annual Conference
2. Executive Leadership Sessions
3. Strategy Meetings

Mindful Leadership

An introduction to mindfulness, how you can practice it and the science behind how and why these practices work.

Purposeful Communication

Explore how stress and anxiety in the workplace affects productivity and what the triggers and reactors are to these stressful situations.

Price upon proposal

From Chaos to Calmness

Learn ways to detox your mind through the art of meditation and mindfulness practices. Become your best self and deliver the results required in your role.

Learning Objectives

Upon completion of any of the above presentations, participants will have:

- Awareness of what mindfulness is and how to practice it
- Knowledge of stress in the workplace and its impact
- An understanding of the physiological impact of stress on the body and mind
- Information on the science behind mindfulness and meditation practices
- Knowledge of how mindfulness is an effective form of stress reduction
- Experienced a mindfulness meditation
- One mindfulness technique to incorporate into their daily work life.

Anusha Wijeyakumar MA, CPC, Dip Mentoring, RYT

Anusha is the Wellness Consultant for Hoag Hospital's Women's Health Institute and Wellness Coach for the Hoag Centers For Wellness.

- Anusha has over 15 years of international senior management experience.
- She has worked for Fortune 50, 100 and 500 global corporations, charitable organizations & private companies in three continents.
- Anusha holds a BA, MA, Diploma in Mentoring, Certified Professional Coach qualification, Registered Yoga Teacher (RYT) with Yoga Alliance and is a Meditation Practitioner.

With experience coaching, mentoring and training people across North America and the UK, Anusha brings a wealth of knowledge and understanding to every client.

Anusha is a sought after motivational speaker around the USA on the science of mindfulness and meditation as an antidote to stress in the workplace and our lives. She has delivered keynote speeches for executives at Fortune 500 companies across North America.

She is actively engaged at Hoag on championing mindfulness and meditation practices for maternal mental health programs, early risk assessment for breast & ovarian cancer research and prevention programs and breast cancer survivorship programs.

Anusha leads yoga and meditation workshops across the USA and internationally and is part of the teaching faculty of a number of Yoga Alliance certified Yoga Teacher Training Courses across Southern California.



Anusha Wijeyakumar MA, CPC,
Dip Mentoring, RYT

“Thanks to her presentation, attendees were able to take away tangible tools to use in their work and personal lives.”

CIGNA HEALTHCARE
Sasha Yamaguchi
Regional Vice President,
West Region & Texas



PRICE UPON PROPOSAL.

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CorporateWellness@hoag.org

To learn more or submit an event request, please complete the form on **hoag.org/corporate-wellness**

