

Mindful Call

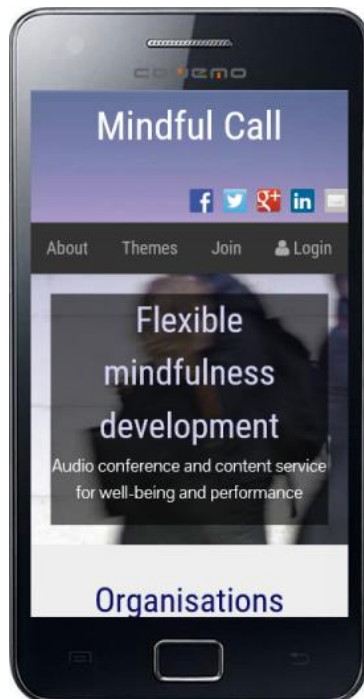
Flexible mindfulness development



About the service

About Mindful Call

- Mindful Call is a flexible, weekly mindfulness development service that uses audio conferencing, supported by digital content
- The service started life in a large corporate in 2012
- Now an independent business offering flexible mindfulness development to large distributed organisations as well as members of the public



About the service

- Supporting your health and wellbeing priorities
- Regular weekly 30-minute audio call
- Scalable to geographically distributed employees who work from anywhere
- Agile solution that fits seamlessly into busy work schedules
- Sustains, embeds and builds skills and applied practice over time
- Users have access to all session content
- Available on web, tablet and smartphone
- Regular review and metrics
- User processes and support




Weekly session


Facilitated weekly audio conference call

- 30 minutes duration
- Gentle introduction or weekly boost
- Theme-based approach
- Main focus on experiential practice
- Listen-only for first 25 minutes
- Then open for sharing observations, insights and contributions
- Session email sent out after call



- Settling
- Informal talk on theme
- Theme-based practice
- Open inquiry

 Mindful Call



Understanding emotions

What are emotions, where do they come from and why do we have them?

This session explores these questions and includes what it means to be mindful of emotions ...

[Read more.](#)

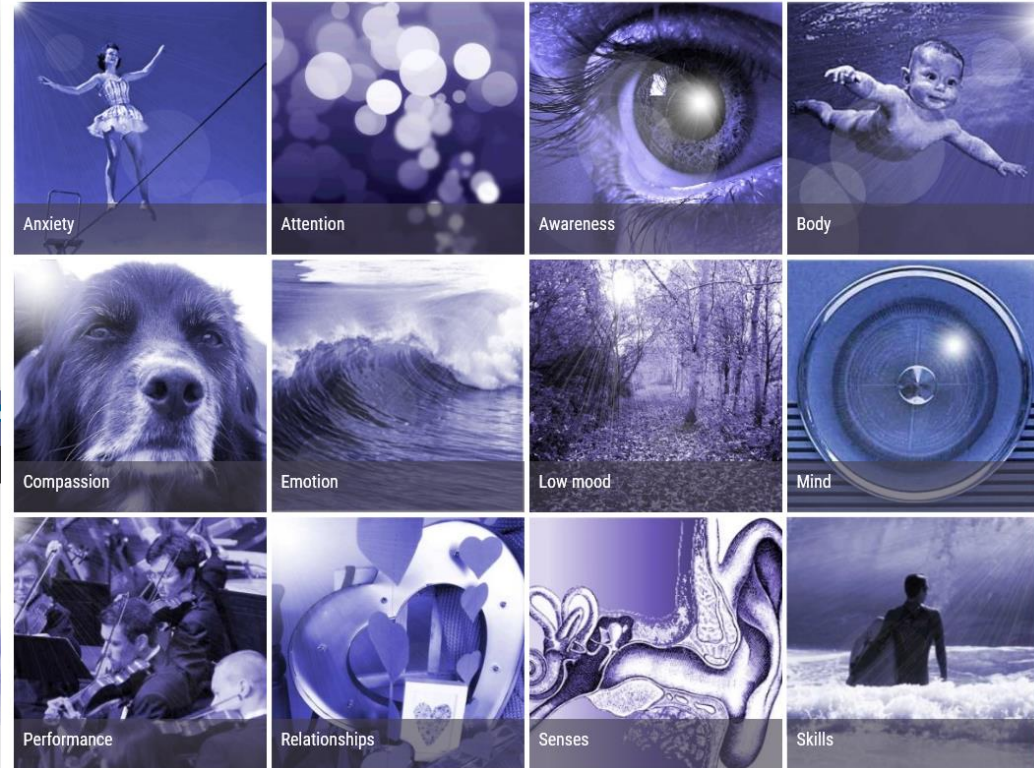
Helping you to cultivate and deepen your mindfulness practice



On-demand content

Growing portfolio of theme-based sessions

- Browse by theme
- Theme landing pages
- More than 75 sessions currently available
- Users can access all session content
- Sessions include guided audio practice
- Available on web, tablet and smartphone



Mindful Call

About Themes Join Login

Discovering mindfulness

Mindfulness has been around for over two and a half thousand years and can be found in both eastern and western cultures. The term "mindfulness" is a translation of "Sati", which means awareness, attention and remembering. The present-day secular practice of mindfulness was developed in the 1990's to help reduce stress. This approach has since been adapted to make a difference within [education](#), [health](#), [the workplace](#), [professional sport](#), [the military](#) and in [prisons](#).



Mindfulness is something we're all familiar with, but maybe did not have a name for before. Remember the last time you were completely involved in an activity, where you felt a sense of ease and your attention was simply absorbed on whatever you were doing. This could have been painting a picture, baking a loaf of bread, or gazing in awe at a wonderful sunset. All of these experiences have one thing in common – your attention is in the here-and-now and not drifting off in thought. For instance, you're not mulling over whether you offended someone yesterday, or worrying about a report you have to produce. Your attention is connected with the flowing moment of experience, the activity, your senses and other people involved.

Mindful awareness works with thoughts, emotions, physical sensations and the senses, as well as how they interact. Like many valuable things in life, practising mindfulness is not easy and takes persistent practice. One powerful benefit is that we learn to work more skilfully and harmoniously with whatever arises in the present moment. And it's useful to know that there's a growing body of evidence from psychology, neuroscience and from the settings above, that mindfulness is making a real difference to people's health, happiness, success and wellbeing.

Guided practice

Find somewhere undisturbed and sit in a comfortable, dignified and upright posture, where you can remain alert and aware. Then close your eyes while this meditation plays to gently explore awareness of your body, breath and sound, while you practice noticing drifting off in thought and gently bringing your attention back to the present moment.



Taster session

Booking a taster session is a good place to start

The session can cover an introduction to mindfulness, or any other session

- All people need is access to a phone and somewhere they'll be undisturbed for half an hour
- After the call attendees can access the session content and guided audio practice online

Call options

1. Using the Mindful Call's conference service – up to 50 participants
2. Using your own conferencing service – up to the limit of your own service

All you need to do is:

- Identify a suitable available time-slot, like 30 minutes at lunchtime, that suits how people work in your organisation
- Send out some brief internal comms using normal channels 4-6 weeks prior to call that includes a calendar invite with the call details
- Communicate a reminder in the week prior to the call
- Attend the call



Mindful Call testimonials

Joined my first mindfulness call session this morning. Just like having my own personal mindfulness coach. Really boosted my morning energy levels – what a great way to start the day.

Marketing Manager

I first joined the calls when I came back to work following a period of stress. They've been instrumental in my not going back off sick and have helped me cope with other challenges in my life.

Senior Project Manager

Joining these calls has made a significant difference to my mental health and wellbeing after returning to work following four months off-sick with depression.

Head of Business Transformation

I find these weekly mindfulness calls extremely beneficial to my overall wellbeing. It helps me in many ways at work to stay centred and balanced and stops me from becoming too stressed. In essence it has increased my awareness so I manage situations more effectively both at home and at work.

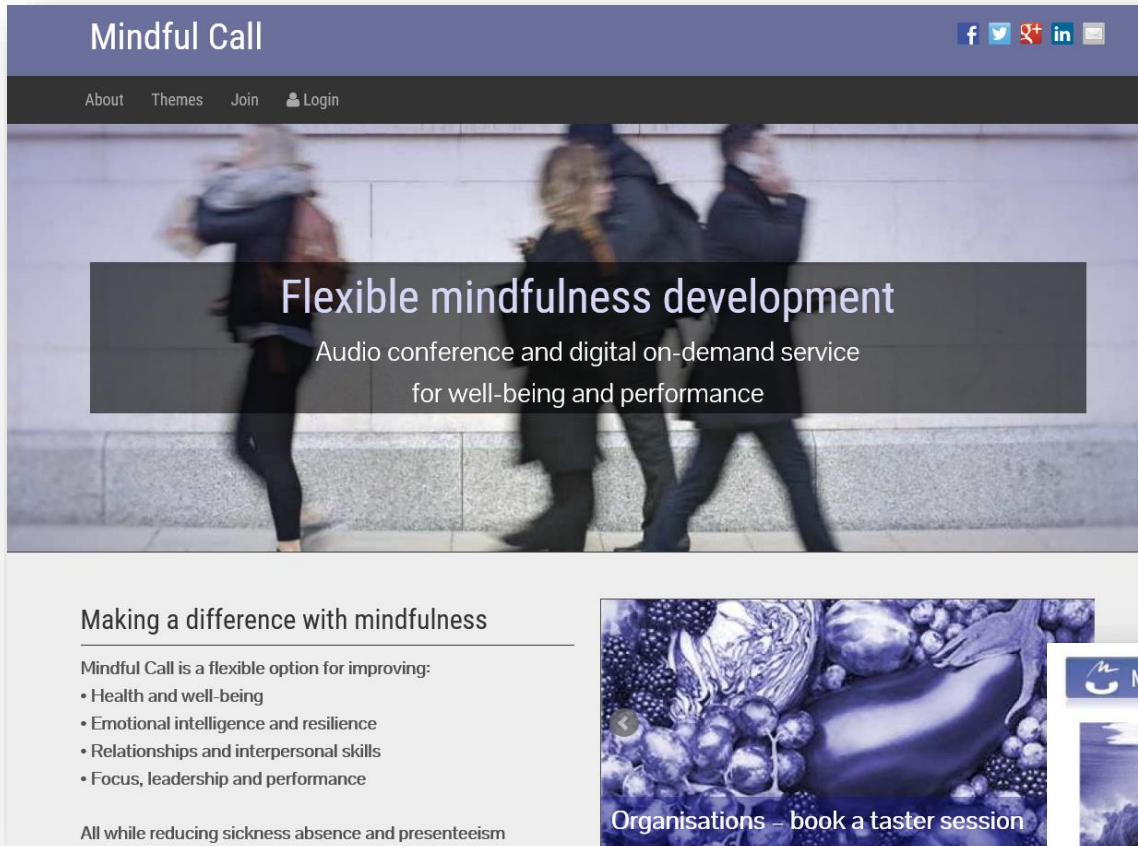
Transformation Programmes Director

I find the weekly sessions invaluable – they certainly help me keep a sense of perspective. Last year I had a period of stress-related absence from work. I'm determined not to end up in that position again, and strongly believe these mindfulness sessions will help with this.

Technical Manager



Web, smartphone and subscriber email



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About Themes Join Login

Flexible mindfulness development
Audio conference and digital on-demand service
for well-being and performance

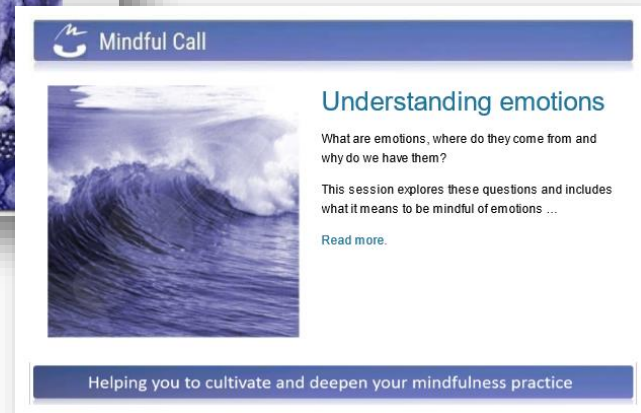
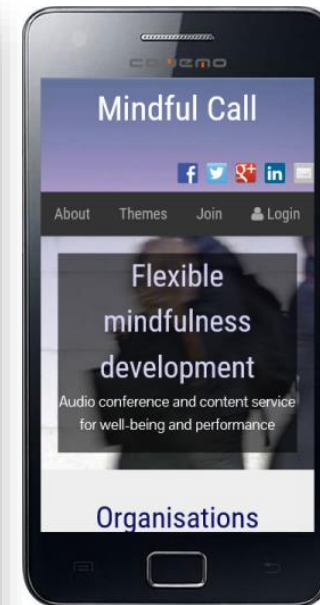
Making a difference with mindfulness

Mindful Call is a flexible option for improving:

- Health and well-being
- Emotional intelligence and resilience
- Relationships and interpersonal skills
- Focus, leadership and performance

All while reducing sickness absence and presenteeism

Organisations – book a taster session



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Helping you to cultivate and deepen your mindfulness practice

<http://www.mindfulcall.co.uk/>

