



mindful littles®

MYSELF™ @ Work

Mindfulness, Yoga, Service, Social-Emotional Learning & Fun

Employee Programs

Wellness Habits for Business Productivity

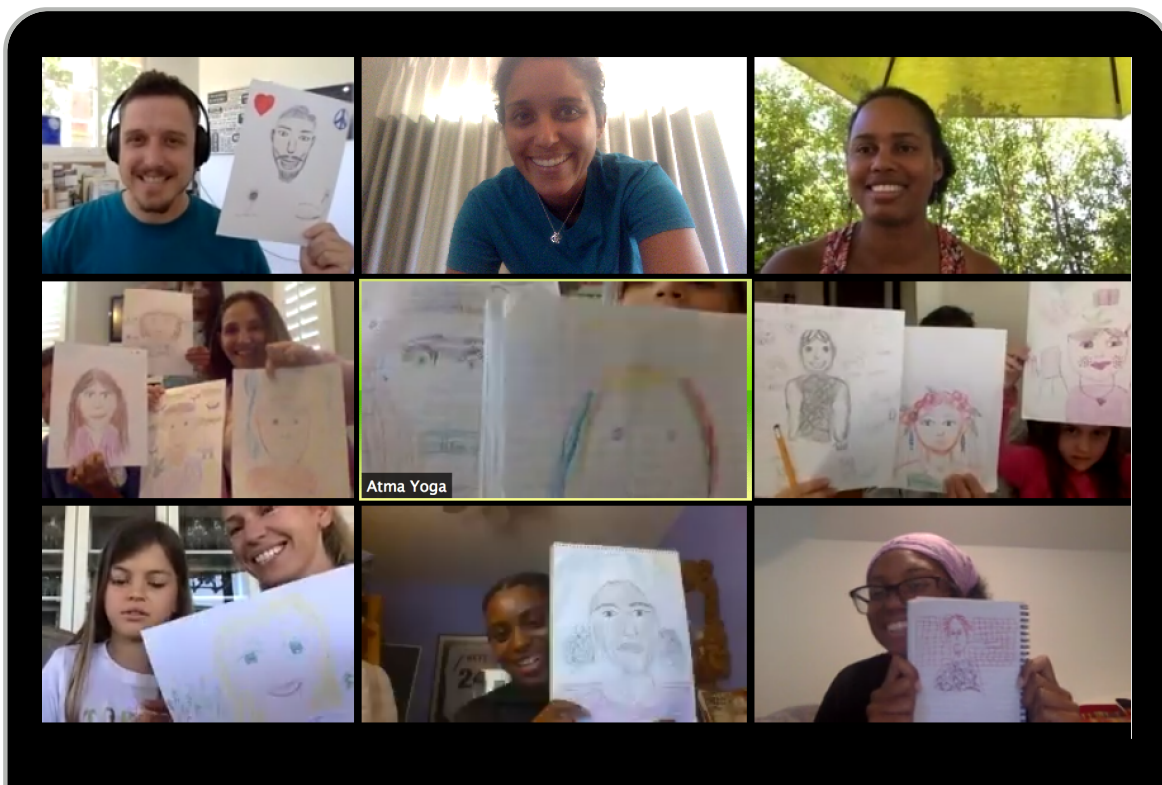
Improve productivity, efficiency and employee engagement by integrating wellness habits into the workday.

- 6-week program: 5-10 min virtual facilitation of mindful habits for teams & staff meetings
- 2 Coaching/Community Circles
- Access to Mindful Minute Recordings

Compassionate Listening Circles

Provide a safe, facilitated space to help employees share and release stress.

- 1 hr virtual session
- Includes mindful listening activities, movement & self-care practices
- Can be: Series or Singular Workshops



Client Testimonial from Starbucks

"Partnering with Mindful Littles and experiencing their adult self-care program with my peers has had a remarkable impact in numerous ways. Personally I have noticed a considerable change in how I approach my work with clearer intention while experiencing increased productivity and creativity. The same sentiments are shared by the rest of my regional team, consisting of 9 district managers that are collectively responsible for leading over 100 Starbucks locations. The impact Mindful Littles has made stretches far and wide, and we are grateful for the tools we learned to become stronger leaders and more successful as a business and brand."

-Patrick Tucker, Starbucks District Manager

Family Programs

Conscious Parenting Workshops

Interactive discussions on parenting with compassion and awareness.

- 1 hr virtual workshops
- Topics include: 'How to Raise Socially Connected, Compassionate Kids' OR 'Finding Peace through Conscious Habits'

Compassion Workshops & Service

Engage families while building compassion with fun projects addressing social issues.

- 1 hr virtual workshops that include storytelling, mindful movements, art, play.
- Topics include: Racial Justice Workshops, Mindful Service Learning and more.