



MT MINDFULNESS & THE TAILORED MINDFULNESS EXPERIENCE

The MT Mindfulness Solution

BUILD FOCUS, CLARITY, AND BALANCE



Tailored Mindfulness Experience™

Improve organizational capacity and resilience by sharing evidence-based best practices that foster optimal Leadership Behaviours



Systematic Training

Practices that optimize the neurobiological development of the brain to increase resilience



Shift

Enable the shift to an inclusive, accessible workplace culture, and support the mental health and wellbeing of all employees



Why MT Mindfulness?

The Tailored Mindfulness Experience™ (TME) is designed to guide students through the stages of mindfulness and meditation based on their respective goals and limitations, to reach the objective of mindfulness, insight, and tranquility.

The guiding principle of TME™ is to find the best approach to mindfulness that works for each individual student. We work within one's goals and parameters to find just the right approach that serves one's needs. We believe the student should not have to bend to suit the technique, but the technique should be adapted to fit the student.



Foundations

The TME program utilizes the techniques created and developed by Shinzen Young in the Unified Mindfulness training system (UM).



Shinzen Young is an American mindfulness teacher and neuroscience research consultant who developed Unified Mindfulness with an eye toward building a bridge between contemplative practice and hard science.

His systematic approach to categorizing, adapting and teaching meditation has resulted in collaborations with Harvard Medical School, Carnegie-Mellon University and the University of Vermont in the burgeoning field of contemplative neuroscience.

He is the author of *The Science of Enlightenment*, *Natural Pain Relief* and numerous audio offerings.

Why Unified Mindfulness?



CLEAR TERMINOLOGY

Easy to understand and secular language makes the system accessible by anyone.



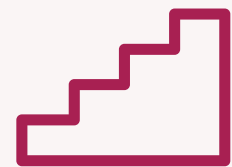
RIGOROUS PRECISION

The UM system has been thoroughly studied by cognitive scientists and this has refined the practice.



MATURE AND SYSTEMATIZED SYSTEM

Years of refinement have led to a mature system and a community of accountability.



COMPREHENSIVE, ROBUST, AND REFINED

Individuals at any level of experience have an entry point to the system.



COMPLETELY SECULAR

People of any faith can apply the techniques and teachings.



The Tailored Mindfulness Experience (TME) is a mindfulness training system that trains corporate employees and individuals to realize their potential for happiness and contentment.

Our courses use the basics of **Concentration Power, Sensory Clarity, and Equanimity** as explained through UM techniques and practices.

With the credibility of the research of Shinzen Young and the decades of perfecting the science behind mindful awareness, our courses are steeped in tradition, science, and empirical data.

We are confident that no other mindfulness training system can offer anything as comprehensive, robust and able to be tailored for the individual, as the TME system with UM training.



What will your employees learn?



CONCENTRATION

The ability to focus on what is relevant at a given time.



SENSORY CLARITY

The ability to track and explore experience as it is happening.



EQUANIMITY

The ability to allow sensory experience to come and go without push or pull.



The Program


- Deliver on Leadership commitments to support the mental health of all employees by expanding resources and services;
- Focus on systematic attentional skills and ensure that change sticks;
- Provide consistent, doable, scalable support for busy professionals;
- Increase leadership capacity and strengthen leadership competencies;
- Reduce stress, improve productivity and enhance employee engagement.





The Program

- Support leaders and teams through transformational change in a robust and sustained manner;
- Deliver responsive program design and evaluation by content experts with extensive professional training in mindfulness;
- Provide expertise to deliver wellness supports that go beyond mental health to support the physical, physiological and psychological health of employees since these are all connected to mental wellbeing.



Our facilitators are a diverse group of mindfulness, mental health and wellbeing experts, allowing the program to be agile and timely to meet the needs of employees.

Summary

- TME is the most comprehensive mindfulness training system available.
 - Based on the Unified Mindfulness mindfulness basics which are proven, scientific, and been in use for over 50 years.
- TME is based on working mindfulness into anyone's schedule, time constraints and skill levels.
- TME offers the entire spectrum of coaching to suit any client's needs:
 - One-on-one coaching
 - Video streaming Asynchronous learning Seminars and Retreats
- TME offers the student:
 - A library of courses and modules
 - The potential for private coaching
 - A website with insights and guided meditations
 - A mobile application (Brightmind)
 - A podcast and YouTube channel for further explanations and teachings, and much more...

Testimonials

Living Mindfully - it has helped not only in my personal life but has spilled over into the way I manage my work and career

Eliska F.,

Case Management Officer

The biggest “aha” moment was this opportunity to experience how your mood and mental state can actually improve in a such short time

Mariya S.,

Investment Sales Specialist,
International Export Development

Meet with MT Mindfulness to talk about how they might help you to address whatever ails you – joint pain, anxiety, the general stress of a busy life...

Ishbel H.,

State Ceremonial Senior
Project Manager

I would find myself so much more able to think clearly and deal with work tasks after returning from the classes each week.

Renee H.,

Organizational Change Advisor

There is an unmistakable rebalancing and de-stressing of the working environment. We are looking forward to the next session.

Henry C.,

President and Founder

Clients





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For more information and course selections,
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