

MINDFUL PERSONAL EFFECTIVENESS

One of the world's largest biotech companies, has one purpose; delivering highly effective medical solutions to people with illness. The effectiveness of each employee is the key for achieving that purpose. The company engages Potential Projects Corporate Mindfulness Training program to enhance personal and organizational effectiveness. A research study looked at the outcomes and found significant results.



"I am more at ease. I can better handle situations at work which were previously very energy consuming. I make more active choices, have increased my focus at work and I am happier."
Senior leader



"I experience less stress and more enjoyment of everyday life. Less irritation with everyday problems beyond my control. Generally speaking, a much more thoughtful approach to life and my surroundings." Engineer