



Nesma Mindfulness

Mindfulness Workshops for Companies

Price List

Short Introductory Workshop: The Mindful Minute

🕒 **Duration:** 1–1.5 hours

💰 **Pricing**

- Team (≤30 people, online / in-person): **1,500 PLN**
- Company (unlimited participants, online): **3,000 PLN**

✅ **Benefits**

- Creates a shared understanding of mindfulness across the team
- Provides immediate tools for reducing stress and improving focus
- Boosts attention and productivity in meetings and daily work
- Demonstrates commitment to employee well-being with minimal time cost
- A low-barrier, high-impact first step toward a more resilient culture

📖 **Description**

This introductory session offers a clear, jargon-free overview of mindfulness and its workplace relevance. Participants learn **1–2 practical techniques** they can use right away to manage stress and sharpen focus. A powerful kick-start for organizations who want to quickly introduce mindfulness and lay the groundwork for long-term well-being.

Half-Day Workshop: Deepening Your Mindful Practice

 **Duration:** 3 hours

Pricing

- Team (≤30 people, online / in-person): **3,500 PLN**
- Company (unlimited participants, online): **6,000 PLN**

Benefits

- Builds emotional intelligence → fewer conflicts, better collaboration
- Enhances focus and communication → reduces mistakes and wasted time
- Provides stress management tools → lowers absenteeism and burnout risk
- Strengthens team cohesion through shared reflection and dialogue
- Creates strategies to integrate mindfulness into daily work routines
- Contributes to long-term cultural change and performance

Description

This half-day workshop moves beyond awareness into **practical application**. Through extended guided practice, interactive discussion, and exploration of key mindfulness attitudes (such as **patience** and **non-judgment**), participants learn tools to build resilience, emotional intelligence, and effective communication. Teams leave with **clear, actionable strategies** to embed mindfulness into everyday work and strengthen collaboration.

Full-Day Workshop: The Mindfulness Retreat

 **Duration:** 6 hours

Pricing

- Team (≤30 people, in-person): **6,000 PLN**

Benefits

- Strengthens resilience and adaptability → better handling of stress and change
- Embeds mindfulness into team processes (meetings, decision-making, collaboration)
- Enhances leadership presence and communication → greater alignment and influence
- Boosts engagement and retention by showing deep commitment to employee well-being
- Reduces burnout and turnover costs through preventive practices
- Creates a sustainable framework for a healthier workplace culture

Description

This immersive **full-day retreat** is ideal for organizations committed to long-term well-being and performance. Participants experience **extended mindfulness practices**, group dialogue, and exercises tailored to real workplace challenges. Beyond individual skills, the program focuses on **team-level integration** — making mindfulness part of meetings, communication, and workflows. Each participant leaves with a **personalized plan** and the collective tools to sustain resilience, focus, and productivity across the organization.

Sample Schedule – 3-Hour Mindfulness Workshop for the Workplace

10:00 – 10:15 | Welcome & Opening

Introduction of facilitator, workshop goals, and a short grounding meditation to help everyone arrive.

10:15 – 10:25 | Stress Check-In

Quick self-assessment exercise to reflect on current stress levels.

10:25 – 11:05 | The Science of Mindfulness

A practical, evidence-based overview of what mindfulness really is and why it matters at work. Includes discussion on benefits like focus, stress management, and better communication.

11:05 – 11:35 | Core Mindfulness Attitudes

Teaching and practice around foundational attitudes (patience, non-judgment, beginner's mind). Includes a guided body scan meditation.

11:35 – 12:25 | Practical Tools for the Workday

Hands-on introduction to short, easy micro-practices that can be done at the desk: mindful breathing, mini body scan, mindful email checking, and mindful listening.

12:25 – 12:40 | Reflection & Application

Small-group reflection and discussion on which tools participants can integrate into their daily work immediately.

12:40 – 12:50 | Final Stress Check-In

Revisiting the self-assessment to notice shifts in stress levels and awareness.

12:50 – 1:00 | Closing & Next Steps

Key takeaways, a short kindness meditation, and an invitation to set a personal intention for the week ahead.