

# WOL MINDFULNESS

A purposeful journey to your individual mindfulness practice in eight weeks.

# **MINDFULNESS x WORK**



**1**

**EMOTIONAL INTELLIGENCE**

**2**

**WILLINGNESS TO COLLABORATE**

**3**

**CREATIVITY AND IDEATION**

**4**

**FOCUS AND CONCENTRATION**

**5**

**ENERGY MANAGEMENT & RESILIENCE**

# WOL MINDFULNESS

... a self-directed peer coaching and learning format that helps to build up your individual mindfulness practices in your purposeful way.



INDIVIDUAL  
MINDFULNESS GOAL



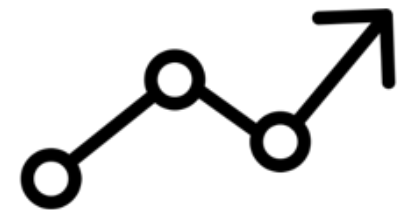
PEER  
GROUP



8 WEEKS  
1/H A WEEK



STRUCTURED  
GUIDES



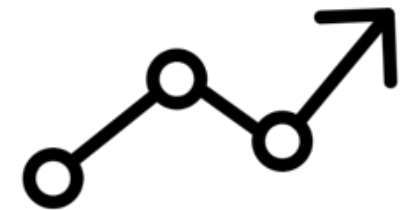
3 CHECK-POINTS  
FOR SELF-ASSESSMENT

# WOL MINDFULNESS

... six “Cs” as foundation for your individual goal and practice to uncover a wide spectrum of mindfulness

# C

CALMNESS  
CLARITY  
CONFIDENCE  
CONTROL  
CONSCIENTIOUSNESS  
CONTENTEDNESS

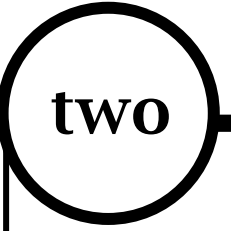
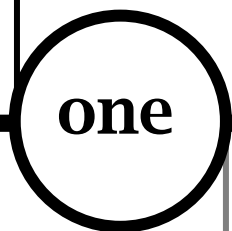


3 CHECK-POINTS  
FOR SELF-ASSESSMENT

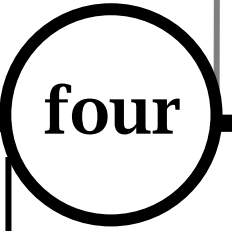


# WEEK 1-4

**A SMALL  
SHIFT  
YOUR INDIVIDUAL  
GOAL**



**TRIGGERS  
AND THE BETTER  
RESPONSES**



☆ = SELF  
☆☆ = ASSESSMENT  
☆☆☆ = TWO



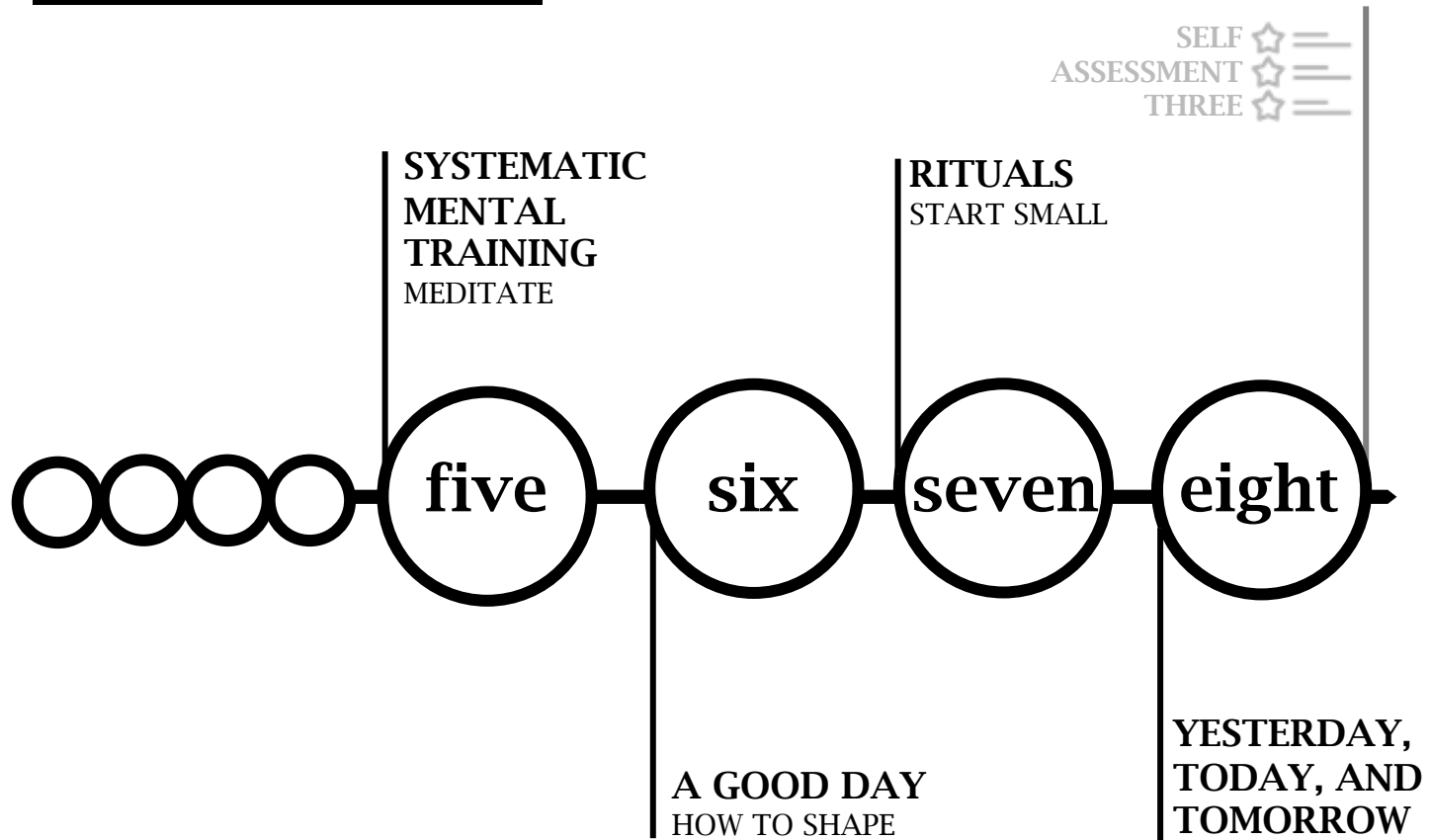
**TUNE IN  
POWERFUL INFLUENCES**

☆☆ = SELF  
☆☆☆ = ASSESSMENT  
☆☆ = ONE

**THE LETTER  
OF GRATITUDE**

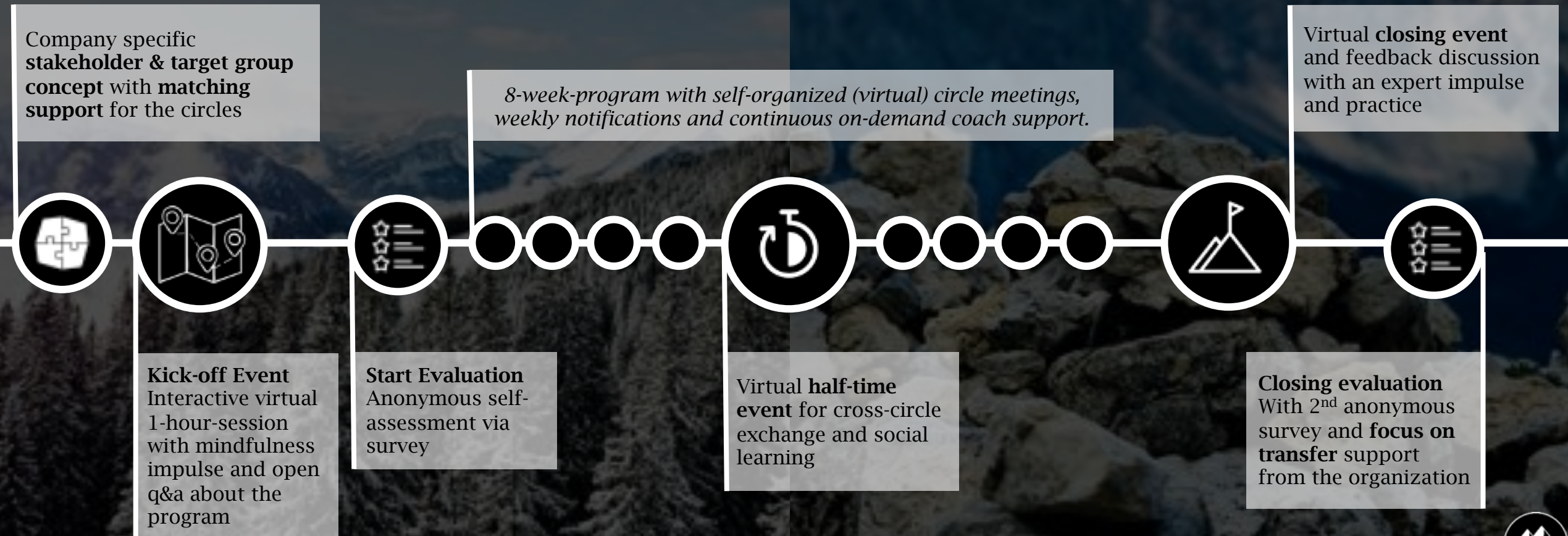


# WEEK 5-8



# We support your WOL Mindfulness journey along the way to make it a sustainable success.

The program includes digital branded workbooks, quarterly dashboards and individual support from certified WOL coaches with mindfulness expertise in English and German. The potential touch points below can be adapted according to your wants and needs.





[www.MountainMinds.net](http://www.MountainMinds.net)

TRANSFORMING TOGETHER. DIGITAL. MINDFUL.



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