Many Fortune 500 Companies are bringing Mindfulness into the workplace.

Here is how you can, too!

Ideas to start a mindfulness group at work:

1. Check with your local Human Resources: Review any necessary steps toward starting a group at work
2. Get a group together: Find others who are interested in learning more about mindfulness. Groups can begin there in your facility, or even done virtually!
3. Pick a time and place: Get your group together and set a first meeting, and discuss how the next meetings will be formatted
4. Come up with group guidelines: Will you encourage people to talk and share feedback? How will you address confidentiality?
5. Pick a format: Will you listen to a guided audio mindful meditation? Is there facilitation, live or audio?
6. Get the word out and get others to join in; Post fliers, use Yammer, and check with your local HR to review your materials before they are shared

Resources to help you get started:

<https://www.tarabrach.com/starting-meditation-group/>

<https://www.forbes.com/sites/drewhansen/2012/10/31/a-guide-to-mindfulness-at-work/#380fc08d25d2>

<https://greatergood.berkeley.edu/article/item/five_tips_for_launching_a_meditation_program_at_work>