



THE CENTER FOR
Clarity, Compassion & Contentment
find your center

Kim Perone

Center4C
Wellbeing Coach, Consultant
& Mindfulness Facilitator



MINDFULNESS PROGRAM

Introducing mindfulness in the workplace is a gift to your employees and a benefit for the overall wellbeing of your organization.

The practices and habits we will be discussing in this program are all based on one very natural and powerful human capacity called mindfulness.

You've probably heard of mindfulness before, it's been getting more and more popular in recent years. The reason for this is that it works.

**“MINDFULNESS IS OBSERVING
THE PRESENT MOMENT NONJUDGMENTALLY.”**
~ JON KABAT-ZINN

BENEFITS OF MINDFULNESS

Lower blood pressure
Improved heart health
Stronger immune response
Improved sleep

PHYSICAL

Greater stress resilience
Improved mood
Reduced anxiety and depression
Greater empathy

EMOTIONAL

Improved attention
Greater creativity
Better memory
Reduced bias
Increased grey matter in brain

MENTAL

BEHAVIORAL

Less reactivity
Greater persistence
More ethical behavior
Greater patience

WORKPLACE MINDFULNESS PROGRAM

Week 1: Intro to Mindfulness

Week 2: Micro Practices to Interrupt the Stress Reaction and Calm the Body and Mind

Week 3: Active Listening & Other Informal Practices

Week 4: Focused Attention

Week 5: Cultivating Compassion

Week 6: Body Scan

Week 7: Mindful Movement

Week 8: Wrapping Up and Charting Next Steps

Sessions can be offered virtually or in-person

SUPPORTING MATERIALS

- Meditation Handouts
- Mindful Attention Awareness Scale
- Five Facet Mindfulness Questionnaire
 - Perceived Stress Scale (PSS)
 - Mindfulness Course Waiver

Kim Perone, MA, CLC, CWMF is a Wellbeing Coach, Consultant & Mindfulness Facilitator at the Center for Clarity, Compassion & Contentment (CENTER4C). The Center4C is not a place you go, but a place you find within yourself, a sense of stability despite circumstances. Kim encourages her clients and group participants to “find their center” and works with organizations and individuals to offer essential skills for today.

A personal strategist, philosopher, and champion for her clients, specializing in stress reduction, mindfulness, work life balance, bereavement, burnout, resilience, and authentic success, Kim is a Certified Life Coach, with an Master’s degree in Organizational Communication, a Certified Workplace Mindfulness Facilitator (CWMF), a Certified Grief Educator, and author of *The Case for Clarity, Compassion & Contentment: Finding Your Center* (available on Amazon) and podcaster for *Find Your Center with Life Coach Kim Perone*.

It is Kim’s belief that when clarity, compassion, and contentment are present an inspired life is possible. Mindfulness can open the door to all three of these amazing qualities! To schedule a consultation contact Kperone@center4c.com, (518) 301-3593, www.Center4c.com.

