



recursos propios

Mindful Management

www.recursos-propios.com

MINDFUL MANAGEMENT

to create healthy, productive companies.

Each one of your professionals is capable of creating the best version of your business by offering the best version of themselves.

Becoming a Better Organization!

What challenges must companies face on a daily basis?

Working with people: leading, organizing and helping them give their best as they make work easier for their teammates.

The way everybody deals with their own conflicts and limitations has an impact on the entire group.

As time goes by, this kind of human transferences may lead to a significant hindrance of the productivity and well-being of individuals and the organization.

How do people feel in the workplace?

Only 7% of employees think their job covers all their basic needs.

Only 19% of workers claim to be focused regularly.

Only 37% of employees feel fulfilled at work.

Only 36% of workers consider their job to be meaningful.

What happens when these challenges turn into obstacles?



Low percentage of **involvement** with the vision of the company



Struggling to achieve a healthy **work-life balance**



Toxic work environment; lack of confidence; **less effective** teamwork



Difficulties in being motivated and/or maintaining **motivation**



High rates of job **abandonment** and low **retention** of qualified personnel




Lack of straightforward, open, honest **communication**



Limited resources for **managing organizational changes**

What if we transformed these obstacles into opportunities?

Working with people may become a successful experience, with a positive outcome for every teammate and for the entire organization.



**We enhance the
organization's
effectiveness
and growth
with our knowledge
and tools.**

Visible benefits within the organization

- Healthier, more productive human and professional relationships
- Greater commitment and involvement
- Greater willingness to grow and stay with the organization
- A higher level of health and well-being
- More positive and collaborative work environment
- Reinforced creative thinking and improved concentration at work
- Increased confidence and high job security

How do we work?

We advance:

- From pettinesses and dissimilarities to ubiquity and collectivity.
- Starting from self-awareness to go towards the attainment of common achievements.
- From self-growth to the creation of a high-standard, committed, cohesive team.



We observe



We discover



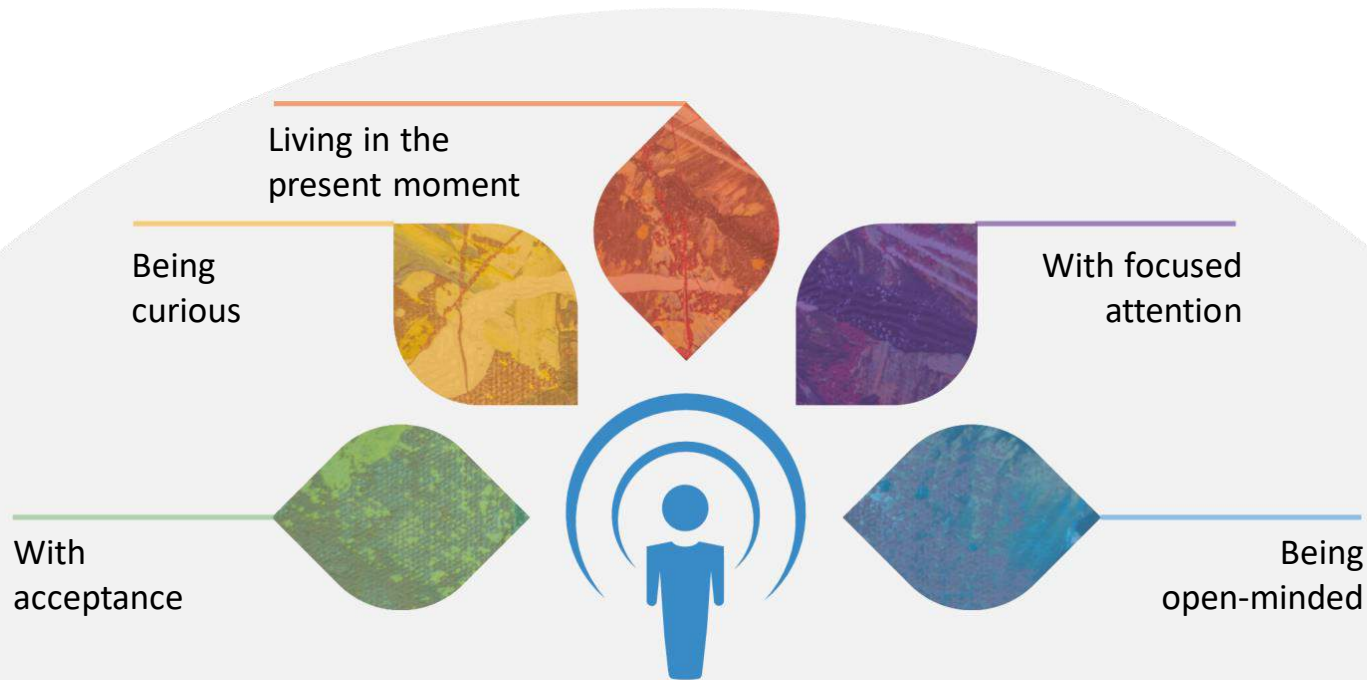
We develop



We integrate



The principles of **MINDFULNESS**,
the basis for a **CONSCIOUS** company.



We build upon the principles of MINDFULNESS
to develop each **individual's potential** and environment,
on the basis of their particular
realities and **organizational goals**.

Grow Yourself

Sessions designed and intended for the **development of a specific area**.

We improve teamwork not only through self-learning, but also by building awareness of the role everybody plays in their environment and their potential value to contribute with personal improvement opportunities.


Grow Together

Active sessions (indoor & outdoor), designed and intended for the **development of high-performance teams** with the ability to grow and adapt to VUCA-environment conditions (Volatility, Uncertainty, Complexity, Ambiguity).

We incorporate and develop the required skills, aptitudes and knowledge to overcome these challenges, either as an individual or as a team member.

How do we integrate
the **advantages**
of **MINDFULNESS**





into the development
of your **organization?**

Mindful Company

Strategic programs, specially designed to cover the specific requirements in each situation.

Intended to support companies in managing change and becoming a responsible, conscious company.

Mindful Events

Dynamics specially designed for helping a specific group of people practice developing mindfulness and awareness about a particular topic or as a preparation for a personal working session.

Conducted in a wide variety of events: opening sessions, breaks, closing ceremonies at conferences, strategic meetings or corporate events.

The advantages of **MINDFULNESS** for each individual in the organization



Mindful Management
Becoming a Better Organization!

Our Mindfulness Toolbox



Becoming a Better You!

5 sectors

- Private companies
- Public organizations
- Educational, sports and healthcare centers.

+180
sessions

+900
training hours

+3250
people

96.6%
satisfaction rate

Our

‘I was pleasantly surprised to find out that a 20-hour mindfulness workshop, which aimed to increase professional efficiency, could empower us to transform these sessions into an experience focused on unity, teamwork, confidence and empathy. Thanks, Francesc and team.’

*Ramón Miralles, Chief Financial Officer
Retail sector company*

‘By developing those recently learnt techniques, you acquire the required skills for managing your daily work. This has a positive effect on your performance and commitment, while ensuring your human and professional relationships turn out to be more profitable and wholesome.’

*José Manuel Guerra, Digital Manager
Financial services company*

‘It helped me assimilate better unsettling and stressful situations. Stop and breathe; prioritise, discern and be honest. It is a very practical course. I highly recommend it to anyone who needs to enhance their personal and professional well-being, improve their communication with their peers or learn how to plan.’

*Catherine Méndez, Doctor
Healthcare industry company*

Experiences

Grow Yourself



Grow Together

Mindful Company



Mindful Events



Fostering Efficiency through Mindfulness: an Applied Vision

Rate from 0 to 10 your satisfaction with the training activity in which you took part:

9.75

The usefulness of this training came up to my expectations:

96.7%

I can make full use of the acquired knowledge at work.

95.6%

Rate from 0 to 10 to what extent the instructional methods made content learning easier:

9.63

Rate from 0 to 10 your satisfaction with the body of facilitators:

9.87

What do they say about our sessions and courses?

Usefulness:

- It is an excellent tool to **cope with stress** in the workplace.
- **Personal improvement**: more focus on daily tasks.
- It teaches us to **build awareness** day-to-day and to be mindful of reactions when we communicate with others and with ourselves.
- It provides us with tools that can be assimilated into our tasks and help us interact with **colleagues, clients and suppliers**.

Training:

- Good atmosphere, broad-minded and nonjudgmental.
- It is easy **to make the most of this course** and to put it into practice.
- Extremely appealing course. Participants **collaborated actively** without feeling compelled.
- Practical methodology.

Teachers:

- They know how to convey the course contents in a dynamic, simple, understandable, enjoyable manner.
- They show **commitment, empathy** and **compassion**.
- Their explanations are intelligible and elaborated straightforwardly to **get results**.

Let's Walk Together



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Francesc Roca is an explorer in all respects: of the world, of cultures, and especially of people. He is a graduate in Business Management and holds a Master's degree in Internet Business (MIB).

He has developed his career in different companies from the financial services sector for 22 years, leading strategic projects focused on change management.

Upon spending two years (2015 and 2016) travelling and learning around Asia and America, he decided to do his utmost to employ all his passion and good intention in offering processes of change to individuals and companies, as a way of helping them to head towards a new approach.



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Anna Montoya, a graduate in Physics, is a multicultural, outgoing, enterprising person who loves travelling and seeking adventure. She discovered her passion for yoga in 2007, but it was in 2012 when she resolved to set off on a new journey as a yoga teacher.

After her vast experience working as a change agent for different multinational corporations, she found in yoga a powerful tool for positive personal transformation.

Her main goal: sharing this practice with as many people as possible!



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Dragan Markovic is the result of mixing different cultures, mindsets and economic and education systems.

By virtue of his education, he is a tireless truth-seeker. He spent most of his professional career in the teaching sector. He is very keen on quantum physics, neuroscience, epistemology, consciousness and ancestral knowledge.

He collaborates at present with project management. Some of his main contributions are his holistic perspective of companies and his ability to connect the physical aspect with the subtle part of the human factor.



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Sergi Parera is a graduate from the National Institute of Physical Education and Sport of Catalonia (INEFC) majored in Psychology. He is a trainer, facilitator and change agent specialised in emotional and Waldorf education, concerning the anthroposophical study of the stages of human evolution. Moreover, he is a self-observer and coordinator of paces and group activities in working, teaching and sportive environments.

Because of his 10-year experience in Mexico and 7-month immersion in his family tree, he is capable of understanding and transcending community values from the pre-Hispanic culture, as well as interpreting the unmindful polarities of a group or work team.



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Marc Granja is a lover of inner discovery. Upon graduating and earning a Master's degree in Business Management, he spent several years in corporate environments as an entrepreneur, until a trip around the southeast of Asia changed the course of his life in 2013.

Through this experience he discovered silence and introspection by means of meditation and self-knowledge. Since then, he is a mindfulness teacher and mental coach.

One of his greatest virtues is his faculty to support people in transition processes and stages of growth or grief.

Becoming a Better You!



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#BecomingaBetterOrganization

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