



beanddo
for business



beanddo

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Making Happy Work

A guide on what **beanddo** can do for your organisation, your colleagues and You.



beanddo

mindfulness
meditation
training for
business, for
education,
for life.

beanddo

Welcome

beanddo business. We can all thrive...

beanddo partners with forward thinking innovative organisations in both private and public sectors to help them promote and develop workplace wellbeing and creativity. To thrive and deliver, all organisations need happy, healthy, productive and creative people who have the ability to both meet and promote change, who are resilient, empowered, who use their natural creativity to work from a place of inner calm.

This is the core of the **beanddo** training programme with the aid of bespoke meditation and mindfulness

practice helping you and your team to make happy work.

Why now?

We know that work related stress and mental illness is the number one threat to productive creativity and happiness.

According to the recent UK Parliamentary Report on Mindfulness in the Workplace* the indirect costs to the UK of mental ill health in unemployment, absenteeism and resulting loss of productivity are estimated at between £70-100 billion with employers paying £9 billion

“ the number of sick days lost to stress, depression and anxiety has increased by 24%”

of that in sick pay and related costs.

Additionally we have seen that the number of sick days lost to stress, depression and anxiety has increased by 24% accounting for 70 million sick days, more than half of the 130 million total every year. Each year between 2010 and 2014, a million people took sick leave for longer than four weeks.

Being and doing

Your organisation’s most important asset is its innate creative capital. Your people will use their creativity to shape change, pioneer new ideas, devise better ways of working and power economic growth; but only if your business at all levels is set up to tap into this vital resource.

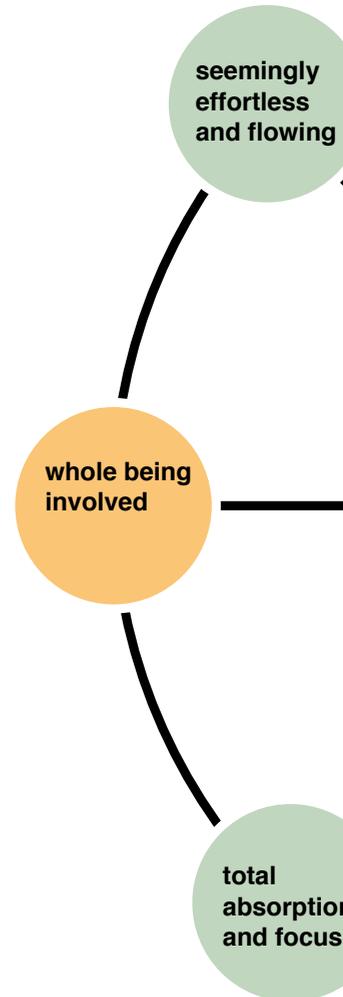
Both Harvard Business School and Yale University are pioneering research on how people respond much better to innate internal factors promoting wellbeing rather than applied external ones, using methods that nurture individual creative energy and ‘flow’.

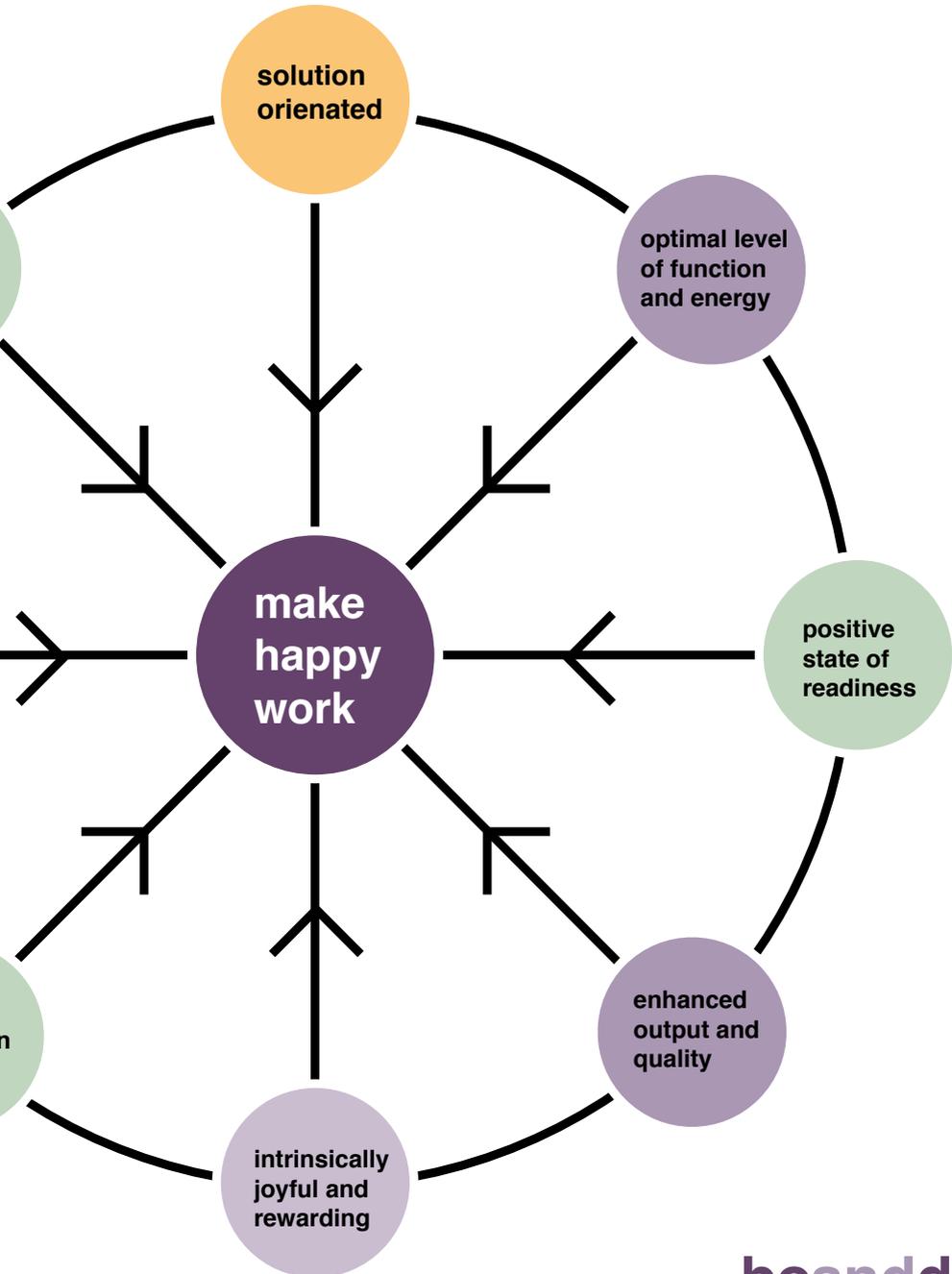
The Benefits

Using bespoke meditation techniques **beanddo** teach how to access wellbeing, reduce stress and utilise individual creative flow.

The benefits of meditation in the workplace are cumulative; they build on one another, starting with the individual and from there, positively impacting the performance of the business as a whole, moving it from being good to great!

At **beanddo** our emphasis is not so much reducing the impact of being in a bad place but promoting the benefits of being in a good place. This is empowerment and transformation for your business from the inside out.





Key workplace findings have been that when people practice regularly and embed meditation into their everyday lives they discover:

- Improved concentration and focus combined with a deeper sense of day-to-day purpose
- Increased energy and the ability to stop and recharge
- Access to inner creative resources and a deeper intuition
- Increased productivity and output
- Reduced stress and anxiety
- Stronger sense of empathy and collaboration
- More profound feelings of self awareness and wellbeing
- Less stress related absenteeism.



The Methodology

Our methodology is a simple systematic process designed to help people gradually utilise the insight and experiences that their own meditation practice reveals. There are three stages of **beanddo** training and practice.

1

Designing Developing Awareness

We start with a series of guided relaxation, breathing and mental techniques that are designed to enhance attention, focus an awareness of ourselves as a body and mind in the here and now. Even this simple first step will reveal for some individuals, new profound and calming experiences allied with new ways of knowing themselves, possibly for the first time.

2

Building Meditation training

Once we have established some inward techniques we move onto simple meditation practice. As with all **beanddo** programmes they will be carefully guided to further deepen insight, managing thoughts and attention towards a direct experience of being and doing into one experience. This is the very goal of meditation and the source of our creative flow.

3

Inhabiting In action

This last element explores how, using the right techniques we can apply the insights gained through meditation practice to the task and events we experience in daily life. Emphasis here will be on meditation in action, creativity promotion, flow, increased energy and a deeper sense of being and doing, aligned with purpose and wellbeing.



You can start straight away:

Your business will not need anything special. Just your people, who in turn need to bring along their mind, body and breath. A quiet room (doesn't need to be silent just undisturbed) and chairs with backs. There are no awkward positions to adopt or strange unusual practices to learn.

What we do

beanddo programmes

We offer 4 distinct types of business programmes or we can work with your business to design a bespoke offer tailored to your needs.

beanddo taster sessions

We offer a 90-minute training taster seminar offering a flavour of the **beanddo** work programmes. They are fun, informative, immersive and challenging with the emphasis on providing your teams with skills they can use straight away. Taster sessions will introduce the science and techniques of meditation and creativity promoting work methods, the role and purpose of mindful meditation and experience some practice.

beanddo regular sessions

We can offer your organisation a regular 45 minute guided meditation session either weekly or monthly. A range of different meditation techniques will be explored along with a little background on the science of meditation and its benefits and experience. These sessions are designed to give some insight on practice and are best performed with groups of 10 or more, ideally at the start of the working day, but can be at other times to suit.

beanddo four-week special meditation course

This course can be built around your individual business needs and it follows the **beanddo** three-stage approach. The course comprises four one-hour sessions that will build and embed mindful meditation and creative flow into the everyday workplace. The four-week course allows the benefits of meditation to be integrated into your organisation more effectively with a range of practice guidance and download meditations to use.

beanddo project based training

These sessions are designed to run alongside or support leadership or specialist production teams that are set up to deliver a specific business project. Emphasis here will be utilising **beanddo** meditation practice to promote creative flow, ideas, team work and stress reduction allied to the particular group task.

beanddo creativity workshops

We have developed a range of creative workshops such as the very popular, **Happy Spontaneous Me™**. These highly engaging, fun creative workshops are ideally carried out as part of a business leadership retreat, key staff training or as an alternative staff wellbeing away day experience. Emphasis here is on letting go, stepping out of one's comfort zone and into personal flow through large-scale drawing and mark making exercises combined with breathing and meditation.

All of our **beanddo** programmes and workshops can either be carried out in the workplace, a separate venue or retreat if required. For more information on how we can help you design a happier, more creative and productive workplace please get in touch. The 21st century workplace is changing fast. Don't get left behind.

You may also like...



beanddo for community

Regular meditation in your life is vital to establish personal wellbeing and reduce anxiety.



beanddo education

Guided meditation in schools can reduce stress levels in both students and staff.

About Mick Timpson



CEO & Founder of beanddo

Mick is dedicated to helping people discover their true value and experience the ability to create a creative, meaningful, and happier life.

Mick uses his highly engaging and creative teaching skills to help build space for people to have individual insights, and from there, any thing is possible.

He is passionate about human potential and once people get it, says Mick, they begin to design for themselves a new strategy for change within themselves wherever they are and in whatever they do.

As well as business, Mick works with individuals and education to help reveal previously hidden potential. This in turn improves productivity and reduces stress and pressure. The intention is to strengthen resilience, and creativity that in-turn opens up innate joy and happiness.

Mick is an award-winning architect, artist and Senior Yoga Professional with the Yoga Alliance. He has designed new communities all over the world, taught architecture at a number of universities, is an external examiner at Manchester School of Architecture and has led successful design businesses. Mick is CEO and founder of **beanddo** and owner of the YogaLife Project, a Social Enterprise teaching real yoga, for real people who live real lives.

beanddo is an innovative and unique enterprise offering meditation programmes for business, education and life. We deliver simple jargon-free contemporary meditation for everyone which when practiced, developed and embedded into daily life will help give access to your personal inbuilt, natural technology to make happy work...

For more information
please go to:

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