

Meditation is good business because it reduces employee stress and anxiety while increasing the behaviors that are most beneficial to your organization's daily operations and bottom line.

Calm
Creative
Competent
Consistent
Cooperative



Research proves that people who practice meditation at work have enhanced brain-wave activity, stronger focus and concentration and their bodies produce less of the stress hormone, cortisol.



Ways to participate and enjoy the benefits of meditation...



• **On-site Business Meditation Programs**

On-site Business Meditation Programs are designed to fulfill each company's individual goals and objectives. The most common program is an initial 1-hour meditation training with on-going 20- 30 minute meditations two to three times a week.

• **Individual, Couple, Family and Small Group Meditation Sessions**

Meditation trainings are available where specific issues and goals can be focused upon. These sessions take place at the Kreativo Meditation Center.

Offering this wellness program may reduce health insurance premiums.

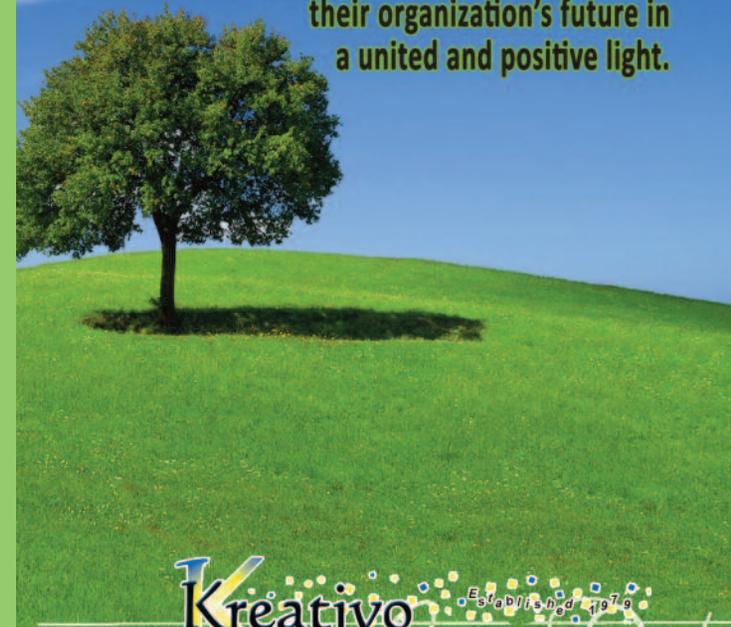


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Meditation
is good business™

Meditation reduces stress and tension, helping people to pull together, to see their organization's future in a united and positive light.





Meditation is good business™

Stress causes noticeable and costly mistakes, inefficiency and conflict. Companies large and small, who offer meditation in the workplace, see positive behavior changes within days after the first meditation session.



Benefits of Workplace Meditation

Companies who offer regular meditation training benefit with a more pleasant and cooperative work environment. Employees who meditate at the workplace have less anger, take fewer sick days, have less tardiness and burn-out. There is also less employee turn-over.*

Consistent and common benefits of meditation programs in the workplace include,

1. Meetings are more efficient, productive and enjoyable
2. Quicker, smoother and more cooperative decision making
3. Employees coming to work more rested and have more energy throughout the day
4. More unity and cooperation with discussing strategic planning, responsibilities and setting policies and procedures
5. Clearer, more respectful and professional written and verbal communications

*According to research by the National Institute for Occupational Safety & Health

More Benefits

-  Objectivity and Clear Problem-Solving
-  Steady Concentration and Sharp Focus
-  Positive and Optimistic Attitudes
-  Desire for Teamwork



Glenn Ballantyne is a meditation teacher, public relations specialist and small business owner. Glenn has degrees in sociology, education and music. He is a graduate of the Kriya Meditation school based in Los Angeles, California. His company, Kreativo, was honored by receiving Colorado Business Magazine's "One of the state's Best Companies to do business with" award.

A successful workplace meditation program begins with the meditation teacher's knowledge, experience and skills with teaching how to focus, concentrate and release stress.