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# Brochure

## Meditation for companies



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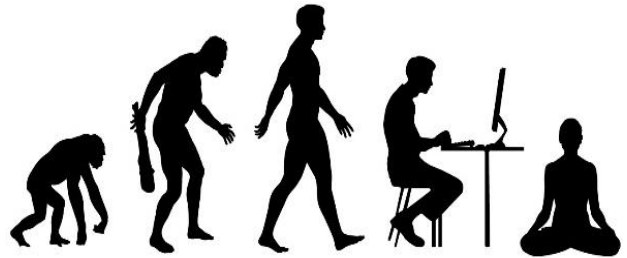
[www.meditatie.amsterdam](http://www.meditatie.amsterdam)



# Concrete steps at work towards more productivity, stress resistance and health

The biggest challenge of the demanding modern business world is probably to optimally benefit from the productivity of the employees and at the same time keep them away from sick leave. Because the employees often represent a big part of the business value and are the organisation's business card to the outside world, making sure they stay fit and healthy is essential.

Therefore most organisations invest yearly in their employees. They do that through courses and trainings that increase productivity, as well as by health increasing interventions like massage inside the company or memberships for a gym. Where almost all interventions do one of both, meditation combines an increase of productivity with more health.



## Stress is nowadays ‘professional disease number 1’ and the main cause for sick leave and inability to work

Development brings change. Also to the challenges employees have to cope with. The changes in workload over the years caused that since 2014 mental problems are responsible for more inability to work than physical problems do ([Trouw/CBS](#)). This is for the first time in history and mainly affects young people: *‘in the age group of 25-35 there was over the last five years an increase of almost 30.000 people that are unable to work due to mental disease’*.

Also recent data show that the limits of the mental capacity have been surpassed. The [Dutch Centre for Professional Disease](#) (NCVB) concluded in 2017 from the data of company doctors, that 42% of all the reported professional diseases was of a mental kind. What meant that it's share of the total sick leave increased again. Being overstressed or burn-out formed the biggest groups (74%). These data are over the complete professional population. For jobs with mainly mental tasks, the share of mental diseases is even higher and in the financial sector it's even around 95%. In 60% of the cases the sick leave because of mental disease lasted for more than three months.

### Do you also recognise a tendency of increased stress within your organisation?

The increase of mental professional diseases like stress and burn-out became more and more obvious the last few years. Already in 2014 the [governmental department](#) called stress *‘professional disease 1’* because it was already responsible for one third of all the cases of sick leave. [ArboNed](#) noticed an eightfold increase of stress related sick leave between 2009 and 2014.

More data about developments over the last few years you can find [here](#). Click [here](#) for more info about stress.

# Stress leads to high costs in the business world

The [NCVB](#) reported that in 2017 sick leave due of mental disease was longer than three months in 60% of the cases. [ArboNed](#) calculated in november 2016 that the absence from work because of stress was on average between five-and-a-half and eight months. They also noticed that there was a renewed increase in the amount of stress – and with that the length of absence of work – in 2015/16. Adding that:

***‘if you know that one day of sick leave costs 250 euros, the time has come to recognise and tackle stress and mental diseases in the earliest possible stage’***

A burn-out costs an organisation easily 60.000 euro. Sick leave due to stress also doesn't only last long, it has a high recurrence rate as well. Research of [ArboNed](#) shows that *‘of the group of employees that recover, 28% will face new absence of work due to mental disease, mostly within twelve months’*. The data of sick leave for your organisation, known at your arbodienst, will indicate how much a decrease in stress problems can benefit your organisation.

Although stress has become a substantial problem nowadays, we are rarely taught how to cope with it. It is almost never a part of our upbringing or education. Does your organisation focus on how to manage stress? Are there means that help employees to improve their mental balance? Means that aim for the cause and not just the effects?



Practical experience as well as scientific research shows that meditation is a very effective solution for stress problems. It lowers [acute stress](#), brings a [quicker recovery](#) of stress complaints and even is prescribed as [therapy](#) for people that suffer from a post-traumatic stress disorder. Meditation doesn't only help with stress that is already present. People that meditate experience [less stress](#), meditation brings an increase in [stress resistance](#) and MRIs show that after a few weeks of meditation there are already positive structural changes noticeable in the stress related [regions in the brain](#).

## In-company meditation as a contemporary solution, and for more than just stress problems

Where we love to help organisations with stress reduction, we even are more happy to work with you to raise the stress resistance and productivity levels so your staff comes to optimal health and effective mental functioning. Like an old meditation master once said:

***‘Using meditation just for relaxation, is like using a diamond to support the leg of an unstable table’***

Meditation leads to better health as well as to an increase of mental functioning, creativity, balance and clarity. Next to many centuries of practical evidence, also modern science sees this in their research outcomes.

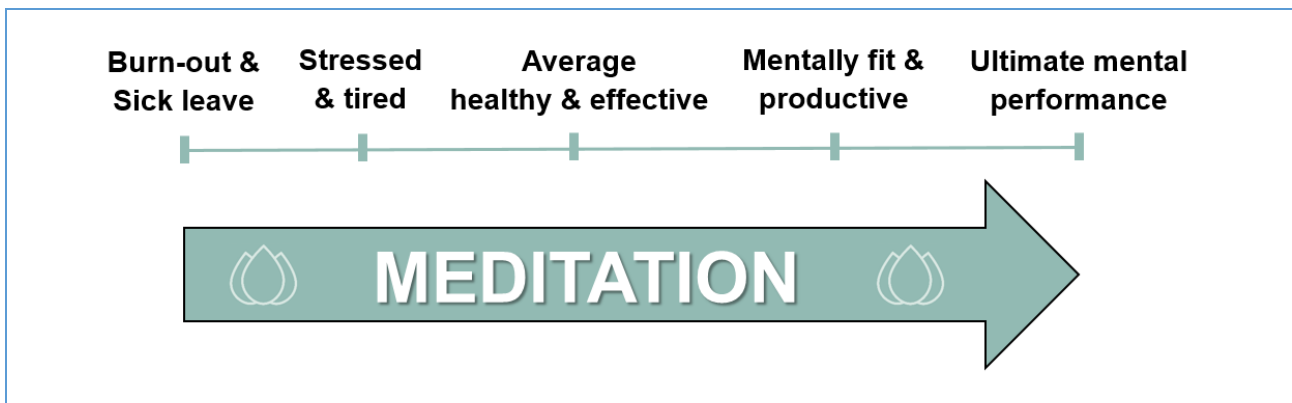


## A few of the scientifically proven benefits of meditation are:

- 🌀 **Greater concentration capacity** (Nasser 2017 - Tang 2015 - Sedlemeier 2012)
- 🌀 **More stress resistance** (Hoge 2017 - Leonard 2013 - Desbordes 2012)
- 🌀 **More mental clarity** (Papies 2015 - Wilson 2015 - Slagter 2007)
- 🌀 **More optimal functioning of the brain** (Travis 2014 - Gard 2014 - Hasenkamp 2012)
- 🌀 **Better memory** (Ching 2015 - Khalsa 2015 - Gard 2014)
- 🌀 **More learning capacity** (Tang 2015 - Ching 2015 - Colbert 2013)
- 🌀 **More creativity** (Ding 2015 - Baas 2014 - Ostafin 2012 - Colzato 2012)
- 🌀 **Less distraction and making mistakes** (Xu 2017 - Tarrasch 2016 - Atchley 2016)
- 🌀 **More energy and less fatigue** (Zeidan 2010 - Tang 2007 - Carlson 2005)

Meditation brings a decreased chance of sick leave and burn-outs, an increase of physical and mental health and a rise in energy and achievement levels! Click [here](#) for an overview of scientific articles that support these and many more of the positive effects.

Wherever you are on the scale below, meditation brings you to an optimal version of yourself. It helps you to access your inner qualities and to come to ultimate achievements.



## Google does it, Apple does it, Twitter does it....

Meditation trains the mind and brings mental peace, balance, health, energy, sharpness and clarity. This makes it very beneficiary for the corporate world.

There is a growing number of organisations that lets, for example through mindfulness training, their employees - and therefore themselves – benefit from meditation within the company.

Companies like Google, Apple, Twitter and Sony are just some examples of organisations that bring meditation trainers to their employees. They discovered already years ago what the cost friendly and very effective method of meditation can do for their business results.

A lot of people in the higher levels of the corporate world have found their own way to meditation and clearly notice it helps them. Also in your (work)environment you will probably find people that enthusiastically use meditation apps like Headspace. Steve Jobs, one of the most productive and creative persons of the last century, meditated for instance every day.

## Concrete and clear



Not only science is convinced about the effectivity of meditation. Our doctors prescribe meditation to their patients and also Olympic athletes and the elite units of the military use it for greater concentration capacity, more efficiency and optimal performance ability under pressure.

For that reason nowadays there are only few people left that associate meditation with just religion or spirituality. Meditation is a method by itself that mainly learns you to look in a clear and concrete way to what is actually going on in and around you. That makes it very concrete and more or less the opposite of 'airy-fairy-ness'.

All the products of Meditatie Amsterdam have a recognisable concrete and practical approach that's completely aligned with our modern society.

## Meditation in your organisation

Meditatie Amsterdam offers in-company meditation programs that are adjusted to what the modern business world needs. For groups we have trainings like workshops, courses, boot-camps and regular meditation hours. Next to that also individual meditation sessions are possible. All our trainings can be given in English, Dutch and German. We stand for:

- 🌿 Down-to-earth and to-the-point
- 🌿 Clear, accessible and practical methods
- 🌿 Easily self to apply techniques
- 🌿 Completely in line with the modern business world

Visit [www.meditatie.amsterdam](http://www.meditatie.amsterdam) for more information about what meditation is and does. Here you'll find there an extended trainingoffer for organisations, my book '*Meditation, your daily mini holiday*' and an audio meditation to directly experience it yourself.

And for companies that are looking for an easy accessible introduction with meditation for the corporate world, we have a free workshop!

## Experience it yourself in the free introduction workshop for your HRteam!

Get acquainted with us and meditation through the free workshop that we offer the HR-representatives of your company. Experience what meditation is and does and discover how the almost unique combination of productivity, health and stability that it brings, fits perfectly in the modern business world.

After the workshop you will have a clear idea about how also your organisation can benefit from meditation and how it brings better business results because of more productivity and less sick leave. After the workshop there is the opportunity for all your questions. Click [here](#) to request the workshop!



## Meditation as a very valuable life skill

The many years of meditation training I had, gave me direct experience of what meditation can do for your life. The above mentioned effect and more make my life so much easier nowadays. Give your company the same benefits! Time after time I see within a few sessions that people in the corporate world experience changes that help them in their work performance as well as personal life. On our website you can find multiple enthusiastic experiences.

Also in my work as a physiotherapist, in and outside companies, I see the need nowadays for an increase in the mental resistance level, balance and relaxation. How does your organization address the growing demand for mental work capacity for the modern employee? Are your investments aimed on the real source of the problems?

Learning how to meditate is probably the most valuable thing a company can offer it's staff. At every level. The employee benefits of the increased inner peace and balance and quicker personal development in as well his/her work as personal environment. The organisation has the benefit of happier employees that perform better. Meditation for companies brings organisations an optimal balance between productivity and health and therefore optimal business results. Experience it yourself!



With best regards,

**Roel Wilbers**

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and author of 'Meditation, your daily mini holiday'*



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