

## Mindfulness resources company impact report

**Company: Niyo Enterprise**

**Aim: Create mindfulness resources in line with company values that help bring mindfulness into the workplace and support staff wellbeing and team-building**

### Breakdown of company values and development guide

#### COMPANY VALUES CLUSTER 1

care  
community  
love  
honour  
respect  
honesty

##### FOR THESE VALUES TO FLOURISH THEY REQUIRE:

transparency, trust, a feeling of safety, for each person to feel heard/seen/held, communication, non-judgemental listening, understanding, awareness of own/each others needs

##### MINDFULNESS PRACTISES THAT CAN FACILITATE THESE:

listening to each other in listening spaces/reflective group sessions, serving/caring for each other

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#### COMPANY VALUES CLUSTER 2

excellence  
innovation  
creativity  
quality  
initiative

##### FOR THESE VALUES TO FLOURISH THEY REQUIRE:

mental rest, motivation/inspiration, healthy challenge, support and encouragement, the opportunity to make and learn from mistakes, space to be creative

##### MINDFULNESS PRACTISES THAT CAN FACILITATE THESE

activities like mindful painting/drawing, games, movement etc

COMPANY VALUES CLUSTER 3

**purpose  
integrity**

**FOR THESE VALUES TO FLOURISH THEY REQUIRE:**

inspiration, healthy sense of personal responsibility and accountability, encouragement, connecting work to own values/purpose

**MINDFULNESS PRACTISES THAT CAN FACILITATE THESE:**

personal mindfulness practises i.e. personal reflections/intention setting

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COMPANY VALUES CLUSTER 4

**care for  
the planet**

**FOR THIS TO FLOURISH IT REQUIRES:**

a connection to nature and awareness of nature/natural processes and how we live interdependently, awareness of how nature serves us and how we can care for it

**MINDFULNESS PRACTICES THAT CAN FACILITATE THIS:**

outdoor mindfulness exercises

**Resources developed for company**

**Videos** (Intro to mindfulness x Mindful movement)

**Audio** (Breathing space meditation x Body scan meditation x Sensory meditation)

**Activities** (Guide for listening spaces x mindful conversation prompts x mindful attitude reflections x goal setting prompts x walking meditation guides)

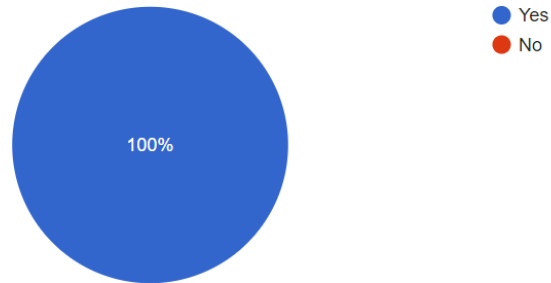
**Creative activities** (Mindful painting guide, mindful games, outdoor/walking)

**Total cost:** £1,560 \*based on 24 working hours at a rate of £65 p/h

## Impact Report (from 2 months after using the resources)

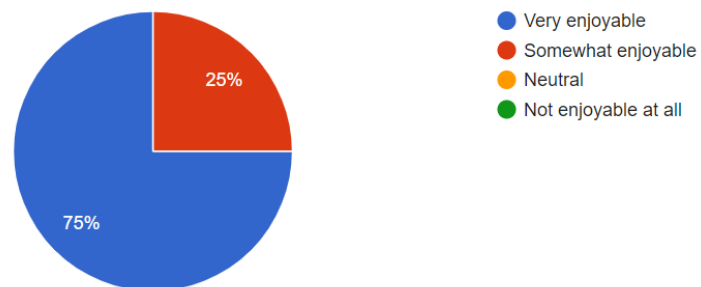
Have the mindfulness resources been easy to implement?

8 responses



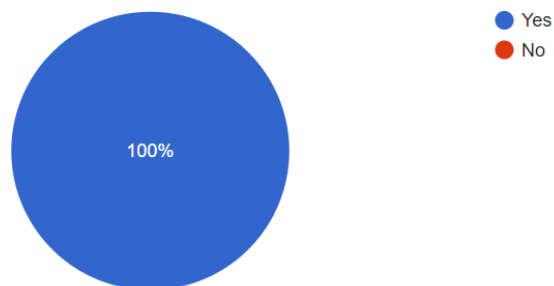
Have you found using the resources enjoyable?

8 responses



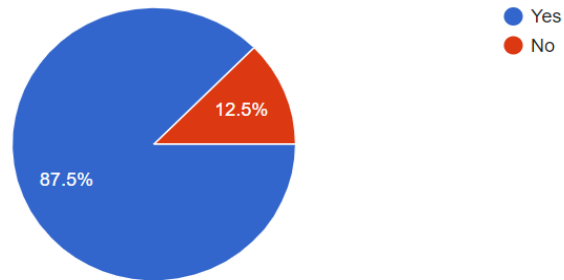
Have the resources impacted your work culture?

8 responses



Have the resources helped to improve wellbeing at work?

8 responses



If yes, please describe how

8 responses

They've made me have a better day overall on the days I have them

We have a much more open culture and I feel like it is easier to share my genuine feelings/ mental and emotional state.

Monday's have become a lot more relaxed and I look forward to having a moment to connect/

Helps with bonding

Less stressed/ refreshed mind to work in the team

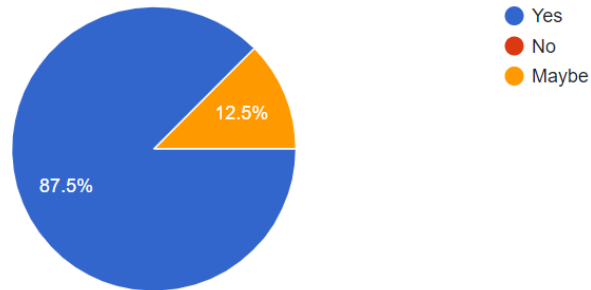
It helps us connect with each other beyond the day to day of work

We're more open and able to share with one another, I feel more comfortable to share if i'm having a bad day

Helped us engage more and connect with one another

Would you recommend others work with me in the development of similar resources?

8 responses



Please explain your answer

8 responses

It's really good so far but more ideas and input wouldn't hurt

They have been transformational and I think every organisation will benefit from prioritising employee mental health through resources.

I would encourage others to implement it as, it allows for a more relaxed work environment on a Monday.

n/a

n/a

Yes, I think this is so needed in team building within organisations

Mica seems to be really positive

This would allow us to bring new ideas

**Impact:** The responses show that the resources have had a positive impact on most of the staff team. They have been helpful in improving wellbeing and relationships between staff members as well as helping to create an open culture around mental health. 87% of the staff team would recommend other companies implement these resources!