

Bring mindfulness to life in your workplace with Giddy Studios...



For who?

- Corporate Teams
- Leaders
- Leadership Coaches
- Performance Coaches
- Employee Engagement
- HR
- Culture Champions
- Everyone:)

Why Mindfulness?

Mindfulness invites us to **stop, breathe** and **connect** with ourselves and others.

This **increases our self-awareness**, and in that space of enhanced awareness **we make better decisions**.

Through connection with our breath and our senses we **calm the mind** and **the nervous system**. The net effect = less tension + more wellness for everyone.

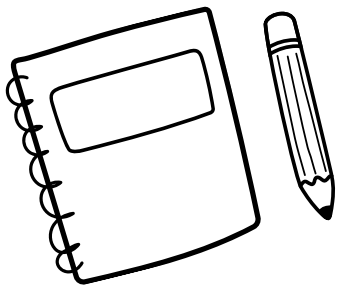
Testimonial

“Enjoyed engaging with [Helena Dilleen](#) today running an online session for a client on mindfulness and how it contributes to more compassionate and effective leadership. The feedback from the leaders was that the practical exercises were a GREAT way to finish the week!”

PRISM Leadership + Change Consultancy



Your gateway to mindfulness - make your plan ...



For Teams:

Mindfulness training

- Group
- 1-1's

Hosted mindfulness pauses in the work day

- Live
- Pre-recorded

Mindfulness webinars + talks:

- Managing 'empathy fatigue'
- 10 minute toolkit
- Listening to understand
- Enhancing gratitude + appreciation
- Compassion based leadership

Mindfulness based creative Events

Bespoke mindfulness programmes

Bespoke 'Daily Drop'

30 Day Challenge

Mindful cuppa STOP packs

For Individuals:

Mindfulness training:

- Evening Courses
- 1-1's

The Daily Drop:

- Daily mindfulness messages

Thursday Tonic:

- Weekly, live, online sits

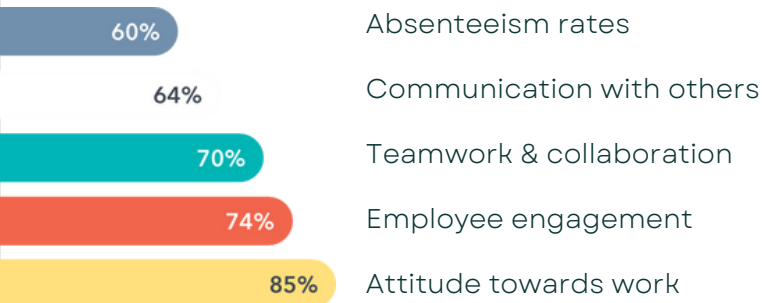




The Why...

What mindfulness means for business:

Percent showing moderate to significant improvement. Forrester Consulting 2021:



+ improve - reduce

- | | |
|-------------------|--------------|
| + wellness | - rumination |
| + quality of life | - stress |
| + relationships | - anxiety |
| + awareness | - conflict |
| + boundaries | - fatigue |

Selection of clients:



Request a callback:

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Web: giddystudios.com

LinkedIn: [Helena Dilleen](#)

Your Coach

Helena Dilleen is a trained mindfulness coach.

In 2016 she started using the tools of mindfulness to help her in running her business and navigating day to day stressors.

Her purpose is to empower people to **attain well-being, foster personal growth and achieve balance** in life.

