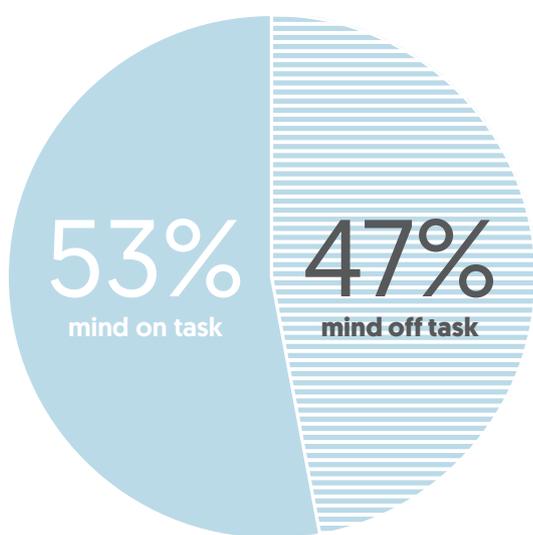


Focused Minds — Organizational Excellence

With the speed of distractions today, our attention is under constant siege. We have entered the Attention Economy. Research shows that 47% of the time we are mentally off-task. Said another way, we spend half of our time on autopilot.



What if we could get a second ahead of the distractions and avoid autopilot? What if we could overcome our addiction to action and multitasking? The good news is we can. The key is to train the mind to be more focused and clear. We do this through corporate mindfulness.

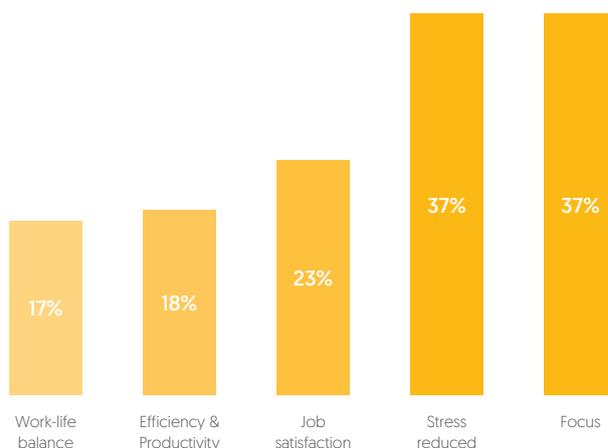
DEVELOPED BY GLOBAL EXPERTS

In partnership with leading researchers, senior executives and mindfulness experts over a ten-year span, the Potential Project has developed a corporate and scientific approach to mindful organizational performance. We are the leading global provider of organizational performance, based on mindfulness.

BUSINESS RESULTS FOR ALL INDUSTRIES

Leadership teams and employees in 200+ organizations are using the program to develop sustainable high performance cultures. The training concept has been embraced by diverse industries including IT, Finance, Consulting, Law, Health, Pharma, Consumer Packaged Goods, Advertising, Construction, and Oil & Gas.

Third-party researchers have found significant results for attendees of the programs.



GLOBAL REACH—LOCAL DELIVERY

We are here to serve your organization in achieving its strategic goals. With our global team of expert trainers and consultants in America, Europe, Asia and Australia, we offer you global reach with local delivery—face to face or online.



TRAINING CUSTOMIZED TO YOUR NEEDS

Because we recognize that each organization faces unique dynamics and challenges, we partner with you in customizing the program to maximize the growth of your organization and people.

Our programs are specifically created for each client, drawing content from our three focus areas: Performance & Effectiveness, Creativity & Energy and Balance & Resilience. The programs are research-based and deliver practical tools and strategies to enhance organizational excellence and day-to-day workplace effectiveness, addressing relevant topics such as emails, meetings, communication, prioritization, and more.

Performance & Effectiveness

- Focus & Concentration
- Clear Goals & Priorities
- Efficiency & Productivity

Creativity & Energy

- Creativity & Innovation
- Energy Management
- Creative & Energized Cultures

Balance & Resilience

- Well-being & Job Satisfaction
- Resilience & Change Agility
- Work-life Balance & Retention

Endorsements

PERFORMANCE & EFFECTIVENESS

“Balancing priorities and being stretched too thin are the biggest challenges for our leaders and teams today. The tools and techniques provided by Potential Project enables us to manage these challenges, and to be focused and attentive to the moment, without distraction”.

Robert Stembridge, Managing Director, global consulting firm

Landor

CREATIVITY & ENERGY

“Since undertaking mindfulness training, I have been pleasantly surprised by the positive impact the training has had on my creativity. By choosing to focus on only one task at a time, I engage in more useful conversations with my colleagues and have also found that my enhanced concentration has significantly improved my overall creative output.”

Nick Foley, President SE Asia Pacific & Japan, Landor



BALANCE & RESILIENCE

“As a large global law firm we need to be focused, clear in our thinking and lift our performance. Mindfulness is the key to achieve that. We partner with Potential Project because their program is evidence based, its practical, its engaging. And for my audience of highly critical thinkers it’s a winner.”

Murray Paterson, Head of Learning & Development, Herbert Smith Freehills in Australia