

TreeholeHK Limited

澗洞香港有限公司

Do more with a mindful life | 冥想助你 成就更多

Corporate Mindfulness Services Brochure | 靜觀團體課程簡介

Who are we?

We are a dedicated local organisation in Hong Kong that brings **mindfulness meditation** into daily life. We can help your team/ service targets to:

- Boost productivity
- Be happier and more satisfied with jobs
- Improve communication

Service offered in English/Cantonese



What is mindfulness meditation?

Mindfulness refers to the state of mind of being fully present and non-judgmental. With mindfulness, one is more resilient, easy-going, and happy.

Meditation is the exercise of cultivating such mental state. If mindfulness is physical health, then meditation is sport.



Scientifically speaking, what mindfulness meditation brings you?

ADVANTAGE

Improved Concentration



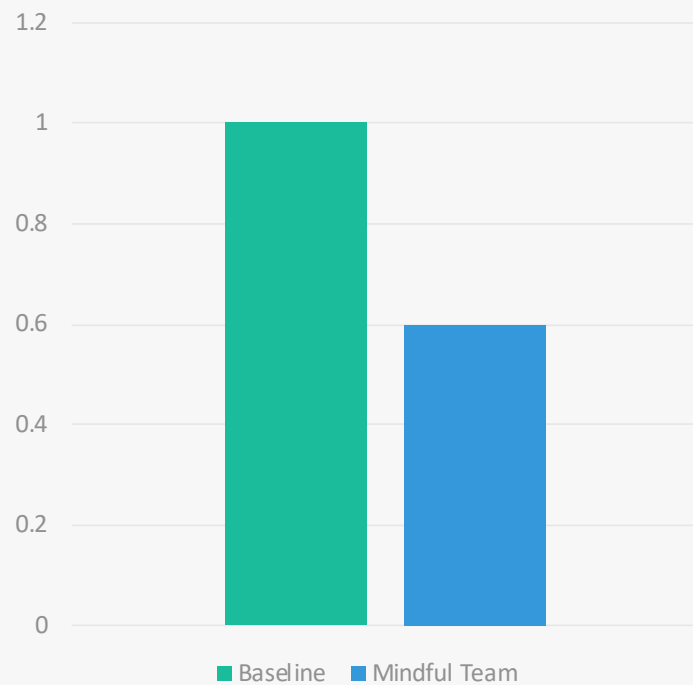
Facts about meditation:

- Meditation has been adopted by **Google and the US military** as a mean to improve work performance
- Science shows that meditation helps one to **stay on task longer, switch less between tasks, and enjoy the task** itself more.¹
- Esteemed academic institutes, for instance CUHK (中文大學全人發展中心), are our clients and the participants reported **mindfulness** brings them a concentrated state of mind.

1. Levy, D. M., Wobbrock, J. O., Kaszniak, A. W., & Ostergren, M. (2012). The effects of mindfulness meditation training on multitasking in a high-stress information environment. In *Proceedings of Graphics Interface 2012* (pp. 45-52). Canadian Information Processing Society.

Less conflicts in your team

A mindful group spent 40% less time in conflicts¹



1) <https://www.mediate.com/articles/belak4.cfm>

How does it work?

Mindfulness creates an equanimous space that anger, impulses are contained and observed non-judgmentally.



Better emotional management

Mindfulness builds up the two **core strengths** for effective emotion management:



Self-awareness

“Mindfulness practice, or meditation generally, are essentially practices of **self-awareness**. That’s the first part of emotional intelligence.”

- Mindfulness Master Daniel Goleman

“As long as you’re breathing, there’s more right with you than wrong with you.”

- Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction programme



Self-compassion

With mindfulness, we’re building **intimacy with what’s in our mind**. That allows us to better manage our emotions, drives and desires.

Stress coping

Mindfulness brings physiological and psychological changes that are cores to stress coping:



1) Shu-Zhen Wang, Sha Li, Xiao-Yang Xu, Gui-Ping Lin, Li Shao, Yan Zhao, and Ting Huai Wang. Effect of slow abdominal breathing combined with biofeedback on blood pressure and heart rate variability in prehypertension. *The Journal of Alternative and Complementary Medicine*. October 2010, 16(10): 1039-1045. doi: 10.1089/acm.2009.0577

2) Lush, E., Salmon, P., Floyd, A., Studts, J. L., Weissbecker, I., & Sephton, S. E. (2009). Mindfulness meditation for symptom reduction in fibromyalgia: psychophysiological correlates. *Journal of Clinical Psychology in Medical Settings*, 16(2), 200.

3) Keye, M. D., & Pidgeon, A. M. (2013). Investigation of the relationship between resilience, mindfulness, and academic self-efficacy. *Open Journal of Social Sciences*, 1(06), 1.

What's **special** about TreeholeHK?



See improvements
after 2-week of
guided meditation



Bite-size
meditations that
fit with your
work schedule



Scientific proven
approach for everyone

Let our **events move you** (quite literally)

Our mindfulness activities go beyond sitting meditation. TreeholeHK is experienced in offering these mindfulness-based trainings. **Invigoring and fun** at the same time.



Mindful Hiking Series

Featured by  RTHK
香港電台



Mindful Cooking Series

Featured by  RTHK
香港電台

Other activities that we offer:

Chinese Calligraphy

Yoga

Art Painting

Philosophy of Mindfulness

(and much more – contact us to enquire)

Training Programme for Corporate



	Option (A) Introductory Mindfulness Programme	Option (B) Standard Programme	Option (C) Customised Programme
Details	This programme gives your team/ service targets and overview of mindfulness and they can immediate apply our effective relaxation technique in daily life.	A series of bi-weekly workshops accompanied by weekly 1-on-1 follow-up call with participants. It aims to instill the culture respect, calmness and effective communication in your team.	We carefully listen and understand the needs of your company, to design a customized program that works best for your members
Schedule	<ul style="list-style-type: none"> - 2-hour minimal - Half - day/ Full – day retreat available Seminar/ Recreational (i.e. outdoor/art)	Typically 2-Month: -Bi-weekly 2-hr workshop -Weekly 1-on-1 30 mins follow-up calls	Customized to suit your schedule
Suitable for	<ul style="list-style-type: none"> - To learn an effective relaxation technique - Team Building 	<ul style="list-style-type: none"> - Boosting Productivity - Improve team communication style 	Please contact us for a detailed consultation

We are trusted by...

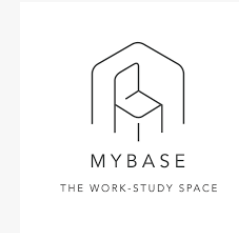
Media Exposure



Corporate Service Clients



Event & Community Partners



Contact us for a free consultation



Facebook
[澗洞 - TreeholeHK](#)



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If you're still undecided... why not?

Try to experience mindfulness yourself



access via: treehole.hk/mindfulaudio

Watch our founder on RTHK sharing how mindfulness helps with resilience



watch on: youtu.be/re64rUlc62I?t=891