AKANISTA
HOLISTIC WELLBEING

Mindfulness and mindful leadership for your team

A GUIDE FOR HR LEADERS AND DECISION-MAKERS

Short, practical mindfulness and wellbeing sessions for your team. In London, or online anywhere in the world.

> *"Akanista Wellbeing helped me gain clarity, become more aware, live in the moment and put myself first... it has changed my life."*
>
> **Thomas** · Senior Building Surveyor, Cushman & Wakefield



TRUSTED BY TEAMS AT

Spotify · NHS · Imperial College London · British American Tobacco · Coats · AMV Law · Stewarts · Soho House · Cushman & Wakefield

Stress at work has a real cost

964,000

workers in Great Britain reported work-related stress, depression or anxiety in 2024/25.

22.1 million

working days lost to work-related stress, depression or anxiety in a year.

£51 billion

the yearly cost of poor mental health to UK employers.

£4.70

average return for every £1 invested in employee mental health support.

WHAT THE RESEARCH SHOWS

The benefits of mindfulness at work

A review of 56 randomised trials with more than 5,000 employees found:

Less stress

A moderate to large drop in perceived stress.

Better wellbeing

A moderate to large rise in wellbeing and life satisfaction.

Less burnout

A small to moderate reduction in burnout.

Lasting benefits

Effects held at follow-ups of up to 12 weeks.

Sources: Health and Safety Executive, work-related ill health statistics 2024/25. Deloitte, *Mental health and employers: refreshing the case for investment* (2024). Vonderlin et al., *Mindfulness-Based Programs in the Workplace: a Meta-Analysis of Randomized Controlled Trials*, Mindfulness 11 (2020), 1579–1598. Most trials compared mindfulness with wait-list groups.

Build the session your team needs

Designed around your team. No beliefs needed. Always optional.

Mindfulness & meditation

Calm, focus and awareness.

Sound baths

A deep pause with singing bowls.

Body & movement

Gentle stretching and breathing.

Bespoke experiences

Blended around your theme.



CHOOSE THE FORMAT THAT FITS

Workplace Reset	Lunch and learns, meetings, events · 20 min	**From £375**
Event package RECOMMENDED	Wellbeing days and conferences · 2 sessions in 1 hour	**From £750**
Half or full day	Away days, wellbeing and leadership days	**Quoted**
Regular sessions	Weekly, fortnightly or monthly	**Quoted**

Prices are per session, not per person, and start here. Your quote reflects group size, travel and planning for in-person sessions, and how much we tailor.

The 6-Week Mindfulness Course for Teams

Six live 60-minute sessions that turn a pause into a practice. Tailored to your team, with recordings, resources and a follow-up check-in.

1 Understanding stress and mindfulness

2 Attention and focus

3 Stress and emotional regulation

4 Mindful communication

5 Resilience and self-care

6 Integration and everyday practice



FOR MANAGERS AND SENIOR LEADERS

Mindful leadership

Leaders set the tone for how a team handles pressure.

- Composure under pressure
- Listening with presence
- Clearer decisions
- Leading through change

Simple to start, clear to measure

01
Tell us what you need
An enquiry or a free 15-minute call.

02
We agree what success looks like
A fixed proposal and a simple way to gather feedback.

03
We deliver
In person or online, fully prepared.

04
Keep it going
A course, regular sessions or a leadership series.



CASE STUDY

Release & Re-energise at the Royal Albert Hall

Two 20-minute sessions of singing bowl, mindfulness and gentle movement for a team wellbeing event. No mats, no experience needed.

> *"The participants got a lot out of them."*
>
> **Lara** · Spotify

Led by Karuna and Nitima Priya. Karuna is a former Buddhist monk and chaplain at Imperial College London. Nitima is an integrative therapist and mindfulness teacher.

> *"I would highly recommend them to people who work with people and in large organisations, dealing with diverse groups who are all looking at life from different perspectives."*
>
> **Catherine** · Director, Savills

Let's talk about your team

A free 15-minute conversation. Confidential, no obligation.

akanista.com/corporate-services

info@akanista.com