

Connected Workplace

"Stigma around mental health struggles and burnout is costing the UK economy £1.4bn a year and around \$190bn in the US" (Breath and Forbes)"

Stress negatively affects productivity, absenteeism, retention and overall health and well-being of workers. Engagement is also a huge issue with only 15% of workers say they are highly involved in and enthusiastic about their work and workplace" (Gallup, 2017)"

"In the UK, the impact of loneliness and disconnection on employee wellbeing and the related reduction in productivity cost is estimated at £665m. The cost of staff turnover an estimated £1.62bn per year" (Breath



- Understanding the philosophy of Emotional Intelligence through connection
- An in-depth view of what a Connected workplace looks and feels like
- Tools to help employees understand each other better and express themselves authentically
- Experiential group scenarios
- Tips and ideas on how to apply these concepts

Developing emotional competence, self-confidence, flexibility, a growth mindset, empathy, social skills and patience are the attributes needed to facilitate resilience, positive attitudes, improved performance and personal well-being.

Employers who are able to get ahead of the burnout curve and embrace and **embody emotional intelligence**, will gain a distinct advantage over their competitors.

Not only will employees be healthier and happier, but they will produce more, deliver better service to customers and clients, have significantly more loyalty to the organisation, reduced absenteeism and contribute more to the bottom line.

According to Forbes, Emotional Intelligence is one of the 10 top skills to be invested in and grown.

“The solution isn’t in preventing stress; the solution is to build mental and emotional resilience skills into our work habits to deal with inevitable stressors” (Forbes)

“After Motorola provided EI training for staff in a manufacturing plant, the productivity of more than 90% of those trained went up” (HBR, July 2003)

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Nibana’s Connected Workplace workshop is dedicated to reawakening our intuition, understanding, and emotional responsiveness in the workplace.

Empathy is at the core of emotional intelligence, and connection is ultimately how we cultivate empathy

There’s a new voice entering the workplace conversation.

The voice is connected and compassionate. The voice is creative. intuitive and attuned. The voice is

It works to establish a baseline of connection and practices that ensure the mindset and conditions needed for the workplace to reach full potential.

We are the leading edge of this conversation, helping people move toward more authentic expression, healthier connection and empathy, most especially in business and the workplace.

Through our expertise we facilitate emotional intelligence through connection as opposed to merely a cognitive understanding of it.

We help companies to inspire internal cultures that are **productive, creative, innovative**, and in line with today’s core values of purpose, and social responsibilities.

Key Modules & Services

[Self Excavation](#)

[Deep Listening](#)

[Attuned Attention](#)

[Authentic Expression](#)

[Leadership Coaching](#)

[Consultancy](#)

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