

## Gamified Training for the improvement of mindfulness - The present as the key to inner balance -

*Discover the art of mindfulness for more clarity, relaxation and balance*

### Gamification Storyline:

In this serious business game training, you take on the role of Oprah, an ambitious and dedicated police officer.

For some time now, however, increasing nervousness and anxiety have begun to affect Oprah's health, her relationships, and her job. She is so overwhelmed with her myriad responsibilities that she no longer has time to take care of herself. Finally, Oprah's supervisor insists that she take time off to get back on her feet.

To escape the stress, Oprah visits her father in the country and, bit by bit, discovers the positive effects of mindfulness on your health and enjoyment of life.

Learn mindfulness techniques alongside Oprah and discover the key to inner balance and greater well-being.

### Characteristics of the Serious Business Game:

- ✓ Learn with gamified training didactic methods.
- ✓ **Applicable and practical content for improving mindfulness.**
- ✓ Results-oriented learning with revolutionary gamification technologies.
- ✓ Use the simulations for experience-based learning.
- ✓ Flexible, intuitive to use, quick and easy to train.
- ✓ An exciting gamification storyline facilitates targeted and experiential learning .
- ✓ **A unique learning experience!**

**Yes, just try it out? Get a free test license [www.Gamified-Training.com](http://www.Gamified-Training.com)**

**Gamified-Training is your didactic contact for Serious Business Game Training.** We would be happy to provide you with an individual offer for your team: [GoFor@Gamified-Training.com](mailto:GoFor@Gamified-Training.com). Together with you, we develop concepts how you can support your employees independently of time and location in up to 15 languages simultaneously, worldwide.

**Create a new and unique training experience for your employees!**



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### Knowledge and skills:

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MINDFULNESS is a serious business game training that focuses on **practical application**. With the help of the realistic simulations and characters in the gamified training Mindfulness an **effective knowledge transfer** succeeds with this training. The gamified training elements stimulate a systematic didactic learning process.

This enables you and your employees as participants to achieve a significant improvement on team and individual employee level in daily activities or projects in the cooperation. Among other things, the following skills are improved:

- ✓ Self-awareness, work-life-balance, well-being, inner peace, focus, effective communication, empathy, flexibility, change management, conflict management, impact and influence, grace under pressure

### Further integrated skills for learning in the Serious Business Game Training:

- ✓ Continuous learning, self-confidence, self-control, leadership, relationship building, innovation and creativity, problem solving, decision-making and integrity.



# MINDFULNESS

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### Content overview:

In four levels of training, MINDFULNESS fosters effective learning by enabling users to practice the key skills needed to improve mindfulness:

- ✓ Pause and focus your attention entirely on the here and now. Be open to what is coming.
- ✓ Observe without judgment. Accept what is and engage fully in the present moment.
- ✓ Return to the present when you notice your mind wandering. Getting distracted now and then is perfectly normal.
- ✓ **Step by step**, using case studies and simulations, we will introduce you to methodical approaches that will help you to live your everyday life with more mindfulness. Practice consciously directing your attention to the moment and experience the profound effects on your well-being.

### Objectives | Why MINDFULNESS?

**MINDFULNESS** is aimed at all profiles in a company, especially those who are caught up in everyday stress and routine, who are on autopilot and who need a place to pause and learn to consciously enjoy the here and now. This training is designed to help you focus your mind on the here and now to experience greater balance, inner equilibrium and calm.

#### Thanks to this course:

- ✓ Learn how you can learn the principle of mindfulness.
- ✓ Find out how to turn off your autopilot.
- ✓ Become a curious observer of your thoughts, feelings and sensations.
- ✓ Learn to notice the moment as it is.
- ✓ Practice refocusing your attention on the present when the mind carousel starts spinning.



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### Methodology

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The developed game-based learning method is a combination of **3 elements**:

- ✓ **High quality content** equivalent to a two-day on-site course, with a strong practical focus that is useful and directly applicable to the work
- ✓ The **use of gamification techniques** in terms of story telling, ranking motivation, scoring, different learning and game levels, and incentives through recognition and awards. This makes the training a motivating and exciting learning experience. This directly promotes the intrinsic motivation to learn on your and your employees' side.
- ✓ **Practical exercises** that allow you as a participant to practice directly in a safe and motivating environment and to implement the practical knowledge. You will **receive detailed feedback** in the form of individual learning loops.

### How do you make it work? What are the IT requirements?

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1. **The only thing you need** to use this business game training is an end device with internet access.
2. You can **access our performance-optimised business game platform** at any time, from anywhere in the world via your individual user profile or integrate the business game training into your LMS (Cornerstone, Moodle, SAP Success Factors, etc.).
3. You will receive regular reports on the progress of your participants and training groups. This allows you to always keep an overview and motivate your teams in a goal-oriented manner.

