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Mindfulness and sound - a new megatrend as a counter-pool to digitization.

Our life and work are accelerated. Stress and burnout are the consequences of this acceleration. That is why looking inward is a great opportunity for balance.

Mindfulness helps reduce emotionally unreflected reactions. Teams with different knowledge and different functional backgrounds bring them harmony and great potential to achieve more.

Mindfulness and Sound / MindfulnessSound

- Improving the general well-being of employees
- Reduction in symptoms of depression 45%
- Balance, prevention of burn-outs,
- Increase empathy
- Harmonious interaction in teams
- improved reflection on decisions
- Increased concentration
- Better information absorption and clarity of thought
- Solution-oriented communication in conflicts

The most important thing companies can do today to increase team awareness is to encourage focused attention to the present.

As well as value-free and respectful communication in the team.

Sufficient information, clear thinking about a situation to correct
To make decisions.

We would be happy to create a sonorous mindfulness event for you and your team.