

POST-PROGRAM REPORT

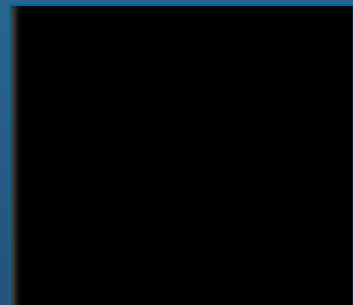


Wellbeing & Vitality in the workplace

Analysis of 4 week workplace body awareness program

InStillness

Esoteric Yoga | Body Awareness



POST-PROGRAM REPORT

So back to that question in the first Report - *what would happen if people were enjoying themselves at work? What would be the affect on interaction between colleagues, how would it change the candidate experience, and from the client perspective, how would they feel about engaging with [REDACTED] and as 'preferred supplier' of recruitment services?*

It's also worth considering whether we as individuals in our jobs are being representative of and truly reflecting our office motto: **"you deserve a job you love"** when levels of engagement are affected through our own personal level of vitality and wellbeing, which of course determines our quality. This then brings up the whole area of personal responsibility and the accountability we have aside from and outside of our job title or role.

When we talk about wellbeing and vitality initiatives, or programs like [The Yoga of Stillness](#), it draws us to the conclusion that in spite and irrespective of being in profit as a team, the deeper consideration concerning what is truly happening in the workplace from the sense of our own personal and also team or group wellbeing is that it comes down to the connection we have with ourselves, which will always affect our connection with all others too.

In short, all relationships, performance, enjoyment or engagement in a job comes down to one thing – **connection**, and importantly the **quality of this connection**.

Thank you for being an instrumental part of this initiative brought to you by Singapore [REDACTED] own 'vitality in the office' initiative, "Connection Talks" in association with Vicky Geary presenting the [Esoteric Yoga –The Yoga of Stillness](#).

"It's very relaxing and allows us to witness the effects of stress on the body."

- program participant

"There is a moment of silence within myself at the end."

- program participant

How would you describe your experience with the Yoga of Stillness?

- 71% of the team found it calming and relaxing
- 2 people fell asleep often
- 2 people found it challenging or not enjoyable

"I discovered it takes a lot of effort to keep the mind focused on the body."

- program participant

How did you feel at the beginning of each yoga class?

- | | |
|-----------------------------------------|---------------------------|
| ○ Busy in the head frustrated | ○ Alert and wired |
| ○ Apprehensive at first as it was new | ○ Tense at the beginning |
| ○ Thinking about stuff to do at the end | ○ Mind chatter in my head |
| ○ Bit stressed (work related) | ○ Distracted by workload |
| ○ Lots of things in my mind | ○ Tense |
| ○ In a rush | ○ Anxious |

"I found it challenging as I have never done yoga before, but also relaxing, although I did find myself dozing off."

- program participant

How did you feel at the end of each yoga class?

- sleepy
- bored
- relaxed
- I felt tired
- calmer at the end
- relaxed and hungry
- I felt hungry at the end
- quite tired and very relaxed

What awareness have you gained about yourself or any particular habits you may have during the last 4 weeks?

- My mind is more clear
- I'm a lot more tired
- I realized how tired I was
- I carry tension in my neck
- I find it hard to switch off
- I entered into a deep meditation
- Coffee and sugar are bad for me
- Your body tries to tell you what's going on
- I realised that the tension in shoulders is mainly due to the stress at work
- My mind drifts away from the present moment a lot when there's things to worry about

"A connection with the body is very important as is being aware of what you do to your body. As a result, I have reduced smoking to 2 a day and plan to quit eventually."

- program participant

Did you find yourself making any changes in relation to your personal lifestyle?

- Sleeping better
- Did not make any changes
- I am trying to make changes
- Inspired to exercise regularly
- I am more focused and collected
- I can sleep well at night afterwards
- I am trying to relax and let go when sleeping
- During the period of the yoga I was more relaxed
- I have been sleeping more than before (about 8 hours now)
- I am more aware when mind wanders around to worry about things
- Try to focus more on how the body feels in every day to day action
- I analysed more my job and I took decision according to the situation

What have you noticed about your communication and relationships with your colleagues/clients/candidates over these last 4 weeks?

More calm

Felt more calm

Less aggressive

Not much change

Internally connected

I think it may have improved

The atmosphere was way lighter

People felt tired after the different sessions

"Everything was less tense in the office."

- program participant

How would you describe the relationship you have with your body now (after the 4 week program)?

- Wonderful
- Much better
- **More relaxed**
- A bit more in-tuned
- Not much of a change
- **I'm more aware in general**
- More aware of how I treat my body
- More aware of where I carry tension
- Empathetic and listening to my body
- **I try to listen to what my body is telling me**
- More deliberate about using any part of my body to do different things

If you could describe one key thing and or take away that you have got from this program what would that be?

Relax

Calmness

To take it easy once in a while!

Deep meditation is of the essence

Eliminate things that make me anxious

How to slow everything down if I need to

That I can't focus for more than 3 minutes

More aware of being consciously present

To listen to both my body and mind better

You need to listen to your body

Was great considering that it's an office environment

Being more aware of my body and realizing how tired I've been

"Sitting still and witnessing how my body feels is a good practice to see the clear difference between the restful body and a body that has been under stress".

- program participant

END