

2023

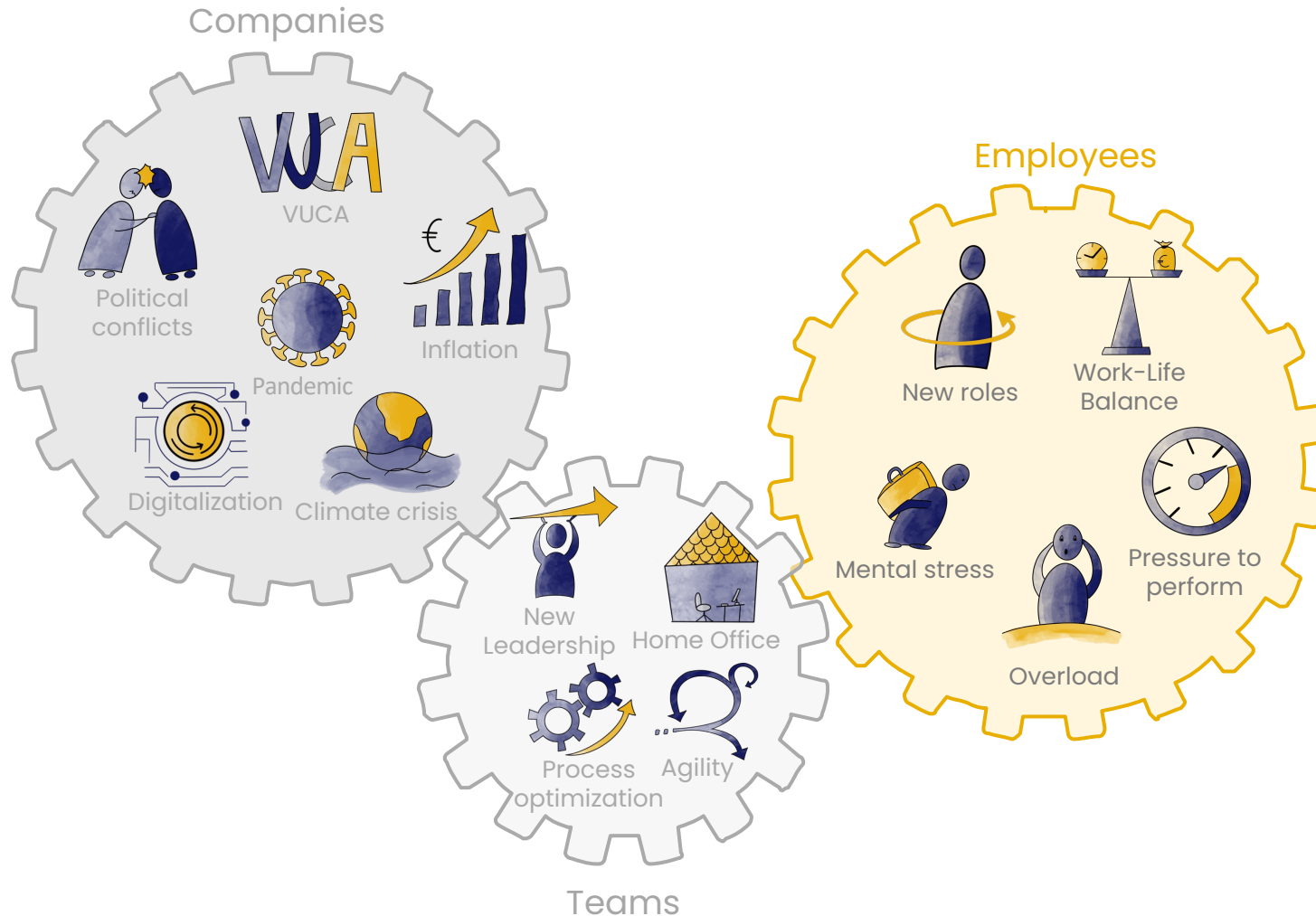
Momentum

The mindfulness-based program for more
mental strength and emotional intelligence
in everyday professional life

RETURN ON MEANING

CURRENT SITUATION

In the face of **current challenges**, companies, teams and employees can **benefit from mental training**



Are you facing **new, unpredictable challenges**?

Do you have to navigate **yourself and your team through a time of uncertainty**?

Do you wish you were **clear and strengthened** inside to deal with it?

Find out how mental training can help you make decisive progress!

Mental training increases resilience, a skill with growing importance

Resilience means the **psychological capacity** to **develop successfully despite unfavourable life circumstances** and critical life events

Mental training increases resilience mainly through improved ...



KEY TOPICS

MOMENTUM deals with 6 key topics as well as the transfer into the professional everyday life

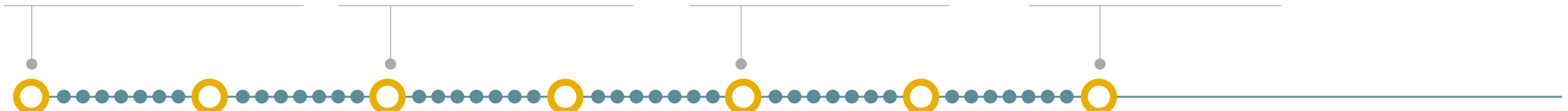
- Live-Online-Training (1.75 h*)
- Daily self-guided app meditation (10 min)

Mindfulness:
science, effects, and pragmatic exercises for mental strength

Resilience:
how the mind copes better with ambiguity, uncertainty and tension

Compassion:
what compassion does in dealing with us & others

Transfer:
how the personal transformation continues sustainably



Mindset:
how the inner attitude changes. everything

Focus & concentration:
how we are even more productive and relaxed in the face of a growing range of tasks

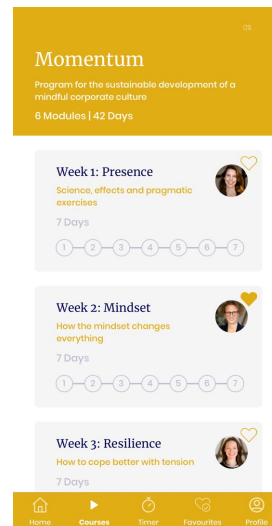
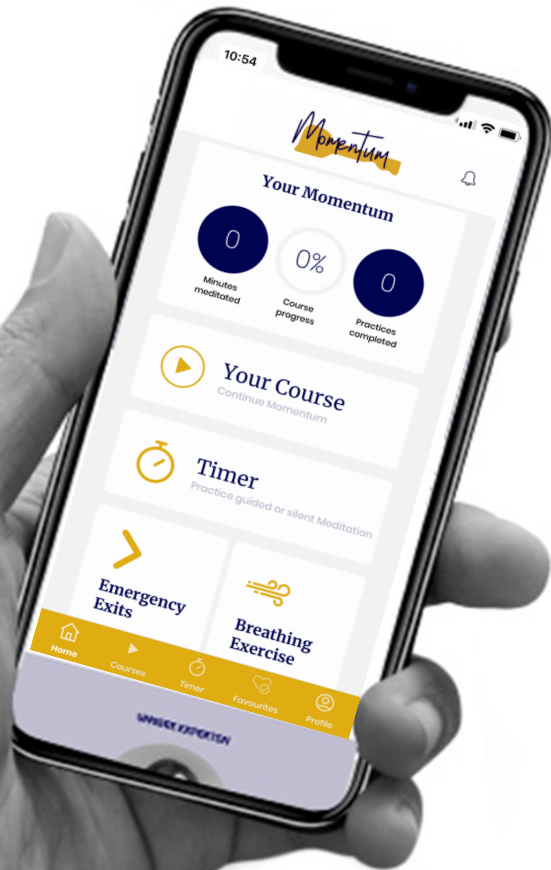
Mindful interaction:
how we make a difference in interaction through real connection

Deepening:
1 year of self-guided practice with app, e.g., timer, longer and "emergency exit" meditations, random inspirations, breathing guide

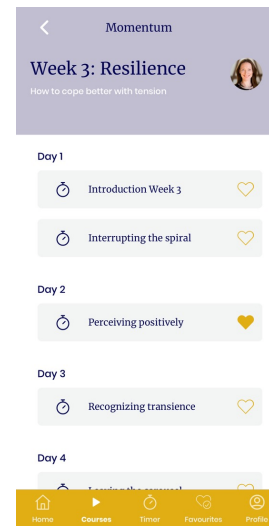
* Times flexibly selectable according to individual customer needs

LOOK AND FEEL OF THE APP

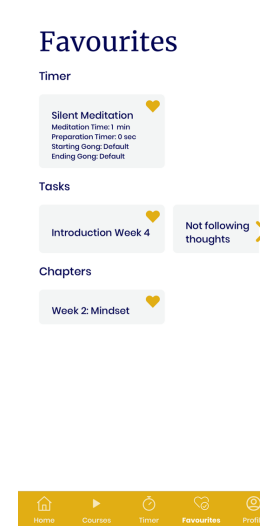
The app appears in a **clear design** for a high acceptance in the business context



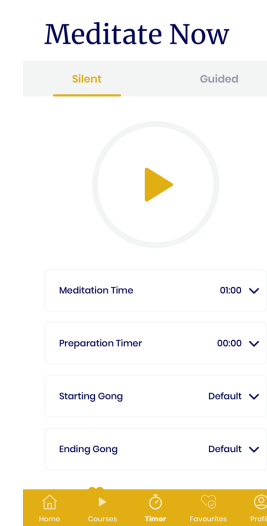
Overview:
Focus topics per week



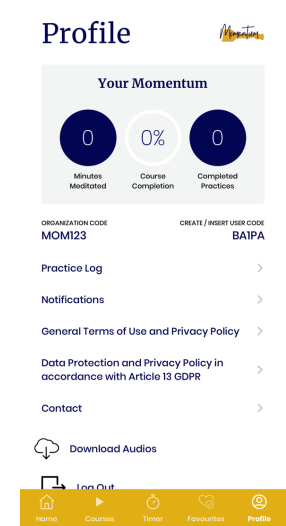
Weekly Overview:
Resilience lessons



Favorites:
Overview of favorite chapters and tasks



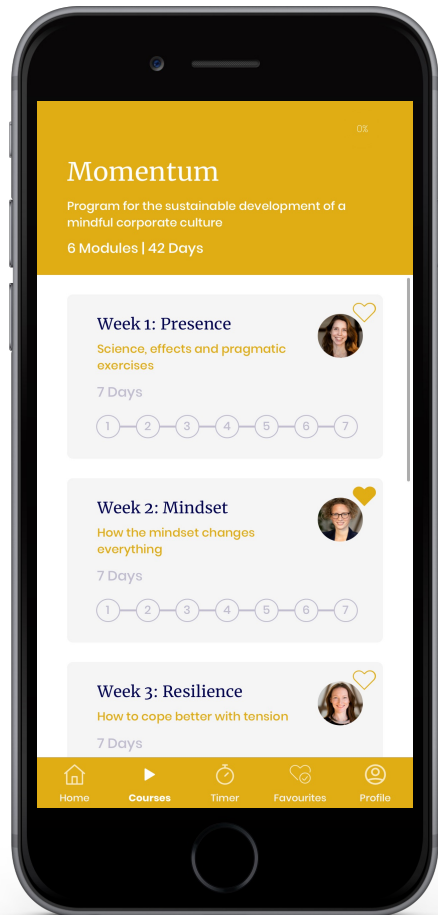
Meditate Now:
Possibility of silent or guided meditation



Profile:
Overview of individual progress

SCIENTIFICALLY EVALUATED TRAINING

MOMENTUM is scientifically accompanied and its effects are evaluated



Results from our own scientific research with the MOMENTUM program

Study: World's largest study to investigate the effect of different mindfulness techniques in organizations (n = 344)*



Prof. Dr. Johannes Michalak
(University of Witten/Herdecke)



Prof. Dr. Hannah Möltner
(FOM University of Applied Sciences)



Dr. Svea von Hehn
(RETURN ON MEANING)

The mindfulness training MOMENTUM increases...



...**Serenity**, i.e., the ability to pause before reacting – which has a positive effect on resilience



...**job-specific self-efficacy** (= self-confidence) and is thus to be regarded as an important resource in the work context both for health management and for leadership

* Survey period since 2019 continuously in the field

TRAINERS

MOMENTUM is carried out by different trainers from RETURN ON MEANING



Dr. Svea von Hehn

Founder/Partner

RETURN ON MEANING

- Dr. Svea von Hehn is a **psychologist** with a strong business background and focus on organizational transformation and personal development. Prior to RETURN ON MEANING, Svea worked for **McKinsey & Company**.
- Svea has been working with mindfulness for over **30 years** and has trained with **various international teachers** (including Jack Kornfield, Thich Nhat Hanh, and Richard Freeman). Svea is a certified **Search Inside Yourself (SIY) coach**, Google's mindfulness program, and holds public large group events for it in London, Paris, Amsterdam, and elsewhere.
- Svea speaks at **conferences**, is a **lecturer** and **author** of books and articles (including the books "Mindfulness @ work", "Talent Management", "Kulturwandel in Organisationen").



Claudia Braun

Partner

RETURN ON MEANING

- Claudia Braun worked internationally from 2007 as a **management consultant** with a focus on leadership development, culture change and strategic HR topics for **McKinsey & Company** until 2013, then at RETURN ON MEANING.
- Claudia is a certified coach and **MBSR leader** with **various trainings, some of them lasting several years**, e.g. with Jon Kabat-Zinn or Stephen Batchelor and Christina Feldmann in the Bodhi College's program for mindfulness teachers.
- She is a speaker and author for the Gruner + Jahr **mindfulness app** "balloon", a **speaker at conferences** on the topic of mindfulness in companies and an **"interview guest"** on the topic of mindfulness for magazines such as Brigitte; she is also co-author of the book "Kulturwandel in Organisationen".

brand eins says: We are among the best consultants since 2019 ongoing



TRAINERS

All trainers are **experts in the field of mindfulness** with many years of **professional experience**



Dr. Cornelia Schmidt

Senior Consultant

RETURN ON MEANING

- Dr. Cornelia Schmidt has worked since 2010, among other things, as a **senior executive** in the area of People and Culture and as a **management consultant** with a focus on cultural change and personnel development. She has more than 6 years of experience as a trainer and is a **certified systemic business coach**.
- She is particularly passionate about mindfulness; she has **several years of regular mindfulness practice and training** in this area and supports companies in leveraging the positive economic effects of mindfulness in the business context, including **keynotes** as well as **interactive trainings for employees and managers**.
- Cornelia is a **certified Black Belt for change management** and author of articles on topics such as talent management.



Dr. Shamsey Oloko

Senior Consultant

RETURN ON MEANING

- Dr. Shamsey Oloko worked as a founder, management consultant and professor in the field of marketing before moving from marketing to "people" and most recently spending 2.5 years as **Senior Manager** responsible for People Development and Culture at **Lab1886**, the **incubator of Daimler AG**.
- Shamsey is a **certified trainer in Mindfulness in Organizations**, a trained coach as well as an alternative practitioner of psychotherapy with a focus on Acceptance & Commitment Therapy. He also holds a postgraduate degree as an **Academic Philosophical Practitioner** from the University of Vienna.
- Shamsey is the author of the philosophical non-fiction book „Das Spiel des Lebens und die Kunst des Spielens“, and has been practicing mindfulness in the **secular Buddhist tradition** since 2013.

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TRAINERS

All trainers are **experts in the field of mindfulness** with many years of **professional experience**



Marten Röbel

Senior Consultant

RETURN ON MEANING

- Marten Röbel works as a consultant and trainer with a **focus on leadership, mindfulness**, and personal and organizational transformation for RETURN ON MEANING GmbH. He is a **trained mediator** and has been **active as a trainer for over 10 years**.
- He has been practicing mindfulness privately for seven years and has been accompanying other people in their development in trainings and courses for three years. As part of his psychology studies, he developed, accompanied and evaluated a **mindfulness training** for students.
- Marten gained professional experience in academic research, journalism, as an actor, and as a staff member of a member of the German Bundestag. He was a **guest lecturer at the Free University of Berlin** and volunteers as an educational consultant on sustainable development as well as climate protection.



Dr. Arist von Hehn

Senior Consultant

RETURN ON MEANING

- Dr. Arist von Hehn holds a PhD in law and has many years of experience in **consulting** and **training** and in **leading non-profit organizations**. In addition to his work for RETURN ON MEANING, Arist most recently built a **train-the-trainer program on mindfulness in schools** for the AVE Institute. Prior to parental leave, he was **VP, Strategy & Governance** of the global education network **Teach For All, Co-Founder and Managing Director of Teach First Germany**, and Project Manager at **McKinsey & Company**. Arist completed his PhD in International Law on the implementation of peace agreements.
- Arist has been practicing mindfulness since 2012. He is a **certified Search Inside Yourself (SIY) coach**, Google's mindfulness program, and facilitates mindfulness in both companies and NGOs and schools.
- Arist speaks at conferences related to mindfulness and education. He is co-author of the **book "Achtsamkeit in Beruf und Alltag"**.

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OUR KNOWLEDGE

Why RETURN ON MEANING

We have a lot of experience with mindfulness, mental training and resilience

Mindfulness in organizations

We are highly experienced in delivering mindfulness training with and without the MOMENTUM program to support mental health and resilience in organizations

Momentum

Scientific expertise

We draw on the expertise of various professors who were, among others, members of the Oxford Group, known for the development of Mindfulness Based Cognitive Therapy (MBCT) and conduct scientific studies ourselves



Google Mindfulness Program:

We are part of the consortium of trainers of Google's Search Inside Yourself (SIY) Mindfulness program for businesses. Three of our trainers have completed the multi-year training



We know the business

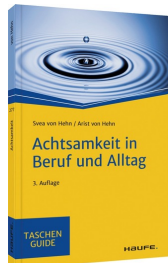
Extensive experience in consulting organizations and companies

We combine > 35 years of top-level consulting experience and our consultants have worked for more than half of all DAX corporations, as well as for governments and government-related organizations

RETURN ON MEANING

Publications

We are the authors of the 3rd edition of the book „Achtsamkeit in Beruf und Alltag“ (Haufe Verlag).



Publications

We are authors and speakers in the Gruner + Jahr meditation app "balloon", in the globally successful meditation platform "Insight Timer" and in a program at LinkedIn Learning



Mindfulness-Based Stress Reduction (MBSR):

Several of our trainers are certified MBSR trainers and have taken advanced trainings with Jon Kabat-Zinn himself, among others



Linking what and how:

We consider the relevant economic aspects already during the conception of all our programs. The content is always tailored directly and practically to the participants' everyday professional life



Momentum



We will gladly advise you:

info@returnonmeaning.com

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