

DO-NOTHING MEDITATION

A PROGRAM DESIGNED
FOR THE WORKPLACE

With Lisa Esile



Attendees Will Learn How to:

- ✓ **Access inner calm** no matter how busy you are. Be less bothered by anxious thoughts.
- ✓ "Drop back 20" and **see innovative solutions**. Without pushing.
- ✓ **Get more done** without sacrificing your health.

"I'm doing less, but what I am doing is more effective than the stuff I was doing before." —Laura, UK

"I felt the same kind of peace that you feel with normal meditation. But it was easier to get there." —Steve

Anyone can do it! Even people who struggle with traditional meditation!

DO-NOTHING MEDITATION

Meditation is a great stress-reduction and life-enhancing tool, but many struggle to do it.

Enter Do Nothing Meditation (DNM). DNM is a tool to ground you from hectic and anxious feelings. You feel calmer, and others notice. It's easy to tap into creative solutions. You're more focused. You get more done. Change is less daunting.

Try It Now!

1. **Get comfortable:** Sit or lie down.
2. **Eyes open:** Stare loosely ahead.
3. **Let your thoughts come and go.**
You don't need to change them.
4. **Be Effortless:** Whatever happens is fine. You don't have to be mindful of your thoughts.
5. **Gentle:** If it's uncomfortable or overwhelming, ease off. Learn more by honoring your needs.

3 REASONS DNM IS EASY:

1 NOTHING TO DO
No need to control your thoughts

2 COMFORTABLE
Move if/when you need to.

3 ADAPTABLE
Anywhere, anytime. A few minutes can be powerful.



Please feel free to reach out for any questions.

Get in Touch!

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4-WEEK PROGRAM

- ✓ **Week 1—Introduction to DNM:** Beliefs about busyness, the power of doing nothing; DNM for busy people.
- ✓ **Week 2—Mind:** The true nature of the mind; calm v upset; unpleasant thoughts.
- ✓ **Week 3—Wisdom:** Wisdom in practice; how to use DNM to make better decisions
- ✓ **Week 4—Creativity:** How to use DNM to develop creative solutions in work and life. Improved focus.



PACKAGES

PACKAGE A: *Preferred

- Four-week training
- Weekly 60-minute classes
- 3-Month, 6-Month check-in

PACKAGE B:

- Workshop, 2 to 3 hours

PACKAGE C:

- Full-day workshop

Programs can be tailored to suit.

Client Testimonials

"I lay down after the class yesterday and just let my thoughts run... I realized there was far less of a duel going on between the chatty voices and the part of my mind trying to control or fix them. Very interesting! There was a new peace there that I haven't really felt in a while."

Lucy

"You know, I've been thinking about my mind and all of the things you and others teach for so long, but there was something that clicked when I tried this technique. All the theory you talk about just slotted into place."

Rochelle

STRESS TODAY

- More than a quarter (27%) of Americans say they are so stressed they can't function most days. Nearly half (46%) of those under 35.
- Nearly two in five adults (37%) say that when stressed, they can't bring themselves to do anything.
- Around three-quarters of adults (76%) said they experienced health impacts due to stress in the prior month, including headache (38%), fatigue (35%), feeling nervous or anxious (34%), and/or feeling depressed or sad (33%).

- Job stress is the source of more health complaints than financial or family problems.
- Stressful working conditions are associated with increased absenteeism, tardiness, and intentions by workers to quit their jobs—all of which have a negative effect on the bottom line.

NIOSH, 1999, PUBLICATION # 99-101

With DNM, I feel
more grounded,
calm, and energized
than ever before.
—Katerina, Greece

Source: Stress in America 2022,
American Psychological Assn

MEDITATION IN THE WORKPLACE

- Calmer, Happier Workforce
- Innovative Solutions
- Greater Productivity
- Avoid Burnout



About

LISA ESILE founded the Do Nothing Meditation School, spent a year in silent meditation, and is the co-author/illustrator of *Whose Mind Is It Anyway?* She has a master's degree in science. Lisa grew up in New Zealand and lives in the U.S. with her husband, daughter, and dog, Cali.

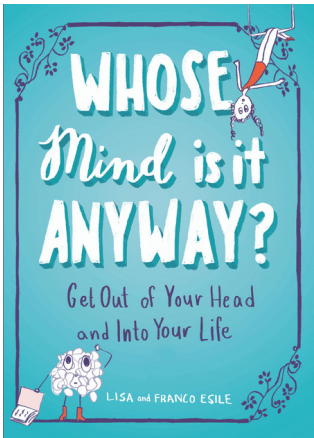


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Books



WHOSE MIND IS IT
ANYWAY? GET OUT OF
YOUR HEAD AND INTO
YOUR LIFE

Lisa and Franco Esile
Penguin Random
House, 2016



REACH YOUR BIG
CALM: 52
MESSAGES TO
QUIET YOUR MIND
Lisa Esile
Joyland Media,
2015

"Lisa and Franco manage to share age-old truths about human life in an unbelievably creative, hilarious, and smart way. The truths they write about are deep and profound, and yet this book is fun, light, and entertaining. —Dr. Amy Johnson, Psychologist and Author of *The Little Book of Big Change*

REVIEWS

"These cards will save your ass when you're having a bad day – snap you out of your drama and pull you back into reality."
—Jen Sincero, Best-selling author of "You Are a Badass."

"For the last three years, I have had [your book] on my nightstand, and when the anxiety comes crashing in, I pick it up. No matter how many times I have read it, I still smile at the brilliance of the message!" —Laurie, IN