

DO-NOTHING MEDITATION

A WORKPLACE INITIATIVE

With Lisa Esile



Attendees Will Learn How to:

- ✓ **Access inner calm.** 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

LISA ESILE, MS, is the co-author/illustrator of *Whose Mind Is It Anyway?* Lisa grew up in New Zealand and lives in the U.S. with her husband, daughter, and dog, Cali.

www.lisaesile.com

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 unique, simple, and powerful meditation. You feel calmer, you're more focused, get more done. and generate creative solutions with ease.

6-WEEK PROGRAM

- ✓ **Week 1—Introduction:** What is DNM, and how to integrate it as an “always on” habit.
- ✓ **Week 2—Mind:** Why our mind does too much. Plus, tricks to help you feel calmer.
- ✓ **Week 3—Wisdom:** Wisdom in practice; how DNM helps us hear it.
- ✓ **Week 4—Creativity:** Use DNM to boost creativity and focus.
- ✓ **Week 5—Control:** How to let go of control get in the flow of life.
- ✓ **Week 6—Energy:** Use DNM to find genuine enthusiasm for day-to-day tasks.

3 REASONS DNM IS EASY:

1 NOTHING TO DO
No need to control your thoughts

2 COMFORTABLE
Move if you need to.

3 ADAPTABLE
Anywhere, anytime. 5-Minute micro sessions can be powerful.

MEDITATION IN THE WORKPLACE

Innovative businesses like Google, Intel, and General Mills led the charge over a decade ago offering meditation training in the workplace, with many more following suit. According to a recent Business Group on Health survey, 90% of large employers will continue to invest in wellbeing, with 61% offering meditation or yoga.

[Source: Business Group on Health, 2023](#)

