



**THE DAY:  
NEUROSCIENCE  
& MINDFULNESS  
FUZE INTO  
A GREAT  
WORKING DAY**

The Day is a 10 hours training program for groups of up to 10 people. The program boosts productivity while improving well being.

Often the way we work is the very cause of our stress. We then use our free time and hard earned money as countermeasures to that stress. There is a smarter way to do it: working in a way that fits our physiology and how our brain actually works makes us perform and feel a lot better.

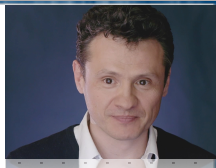
The Day provides participants with a clear and doable framework to structure their working day.

This system is easily integrated in existing working processes and does not require abandoning what works, just what does not.



**Atilla  
Mohiddin**

**Davide  
Piai**



**FORMAT &  
PRICE**

**THREE HALF  
DAY SESSIONS.**

**EUR 7.000 -  
9.000\* (EX  
VAT)**

**\*DEPENDING  
ON GROUP SIZE  
AND LOCATION**

**STRUCTURE OF THE PROGRAMME**

**THE DAY IS A HANDS ON, PRACTICAL TRAINING,  
STRUCTURED AROUND A WORKING DAY WITH THREE SECTIONS.**

**Morning Routine**

Beginning the day with clarity and focus relieves stress and makes us more productive.

Participants learn how to structure their working day. They also learn how to create a plan of action that is in line with what is most important in their lives.

Knowing exactly what we need to do is the first step towards our goals. Mindfulness and techniques like the brain dump, place us in the best starting position.

**Tasking**

Everything we do is made of tasks. If we get better at 'tasks', we get better at everything.

Participants learn how to efficiently accomplish any task, in a focused and calming way. This way of working is very rewarding and reduces mind generated stress.

Improving our focus is the key to better tasking. This is achieved through techniques like effective task switching as well as principles like information consolidation

**Closing the Day**

Closing the working day properly protects our private life and let us begin afresh the next day.

Participants learn how wrap up their work, confident that they will pick it up the next day. Learning to appreciate our achievements enhances our sense of fulfilment.

Using visualisation techniques to put the work in the past and signal the brain it is time to let go, improves our capacity to relax and regenerate.