**DRAFT ARTICLE FOR INTRANET / EMPLOYEE NEWSLETTER / BLOG**

**\_\_\_\_\_\_\_\_ joins ‘mindful revolution’**

**Providing mindfulness training to employees**

(Organization name) is offering online mindfulness training to employees and their buddies to support mental health, improve resilience and enhance workplace wellness. In (starting month), the organization is launching the evidence-based MindWell Challenge.

“We want to support our people as much as possible,” says NAME, TITLE. “We’re pleased to bring the benefits of mindfulness to (Organization name) as it dovetails nicely with our ongoing commitment to maintain employee wellbeing.”

MindWell has trained more than 60,000 people from organizations like the Mental Health Commission of Canada, UBC, WestJet, Toronto Stock Exchange, Harvard Law School and Enbridge.

[Several studies](https://www.mindwellu.com/roi-of-workplacemindfulness) with the University of British Columbia’s Sauder School of Business showed MindWell’s training helped lower stress, increase resilience, improve teamwork, and strengthen leadership skills. The Challenge teaches ‘mindfulness-in-action’ so people don’t need to stop what they are doing to become calmer, more present and focused, all of which leads to a happier, healthier work environment.