

**JAN
EßWEIN**



**BECOME MINDFUL,
ACHIEVE MORE.**



HELLO. MY NAME IS JAN EBWEIN.

I'm an entrepreneur, speaker, trainer and the most widely read German author on the topic of mindfulness.

Over the last couple of years I created awareness programs within businesses that are managed in a modern way. Those programs increased both team effectiveness and long-term performance.

Do you need to manoeuvre your business healthily through challenging projects of change? Would you like to increase the resilience of your team, to keep your valuable staff healthy and productive, especially in times of scarce resources? Or do you want to move your leadership team from a state of simply reacting, back into a natural state of self-motivation? If you've answered any of those questions with a yes, please read on.



Yours Jan Ebwein

Ebwein is pronounced **S-wine**.
You may also use **Esswein** in correspondence.

THE NEXT STEP.

When managers and entrepreneurs speak to me about the challenges they face, they often articulate of their need to make 'the big stretch', in getting on board with digitisation. They speak too, of globalization and the pressure it puts on them as a quality provider. They talk about their journey to becoming agile, one that is still full of obstacles. Or they mention the umpteenth change process and how it deflates employee motivation. Both managers and entrepreneurs share how good employees are leaving their companies.

In search for an escape from the ever increasing pressure they have tried a lot: increasing efficiency, optimizing processes, saving even more costs, outsourcing and better strategies for their future. Such changes made a big difference. However the breakthrough still hasn't come.

The potential for a sustainable solution already exists inside the company. It exists in your staff, in the power of concentration, in mindful leadership, in clear and respectful communications and an up to date way of cooperation.



BECOMING MINDFUL, ACHIEVING MORE.

If there is organizational pressure, it is tell-tale indicator that managers and employees are becoming more reactive. The ability to work proactively towards objectives decreases. The temptation of trying to meet all requirements leads to multitasking, which does not improve results. On the contrary: The error rate increases as well as the inner tensions of all parties involved.

The most effective remedy against individual and organizational pressure is mindfulness. To be mindful means to be completely with what you are perceiving, experiencing or doing in any given moment.

Mindfulness boosts our power of concentration. Perception becomes more precise and enables smarter decisions. Not least: Mindfulness makes us both effective and efficient. For in our daily business it is no longer just about separating important and less important things. It becomes about defining the most important project among all projects. Then working on it with full focus.

The good news: Mindfulness is something you can train. It is scientifically proven and completely non-esoteric.

DID YOU KNOW, THAT...

3 Managers work on average 3 minutes and 5 seconds on a topic before they are interrupted?

17 Humans need 17 minutes until they are mentally connected with a topic?

50 Multi-tasking creates 50 % more errors?

70 70 % of the time executives are mentally drifting elsewhere? When they are talking with a member of staff, they are hearing only every second or third sentence.

85 85 % of all employees are stressed by their job?

214 Employees who own a smartphone are checking it 214 times a day?



Jan Eßwein is the most widely read German author on the topic of mindfulness. He spent 175 days in a silent monastery in Nepal, where he meditated 14–16 hours a day.

MY PERSONAL APPROACH FOR OUR COOPERATION.

» Without doubt, mindfulness is a very rich state of mind. It allows you to perceive yourself and your environment much more precisely. But in order for teams to cooperate towards common goals, beside a mindful attitude, there also needs to be an open culture of communication. Experience of successful enterprises where they have created and fostered such a culture convinces me: If a business wants to move forward, it needs more than just mindful individuals. It needs mindful leadership, supported by modern communication techniques and working techniques. «

WHAT ARE YOU LOOKING FOR?

Impulses & Inspiration

Development Measures

A stage professional for your event?

An incentive for your (management) team?

Boosting development of selected executives?

The training camp for long-term power and performance?

KEYNOTE/ INSPIRING SPEECH

- Interactive, motivating talk
- Suitable for conferences, management meetings or health days
- Duration: 20-60 minutes
- Audience: 10-1000 listeners

WORKSHOPS

- 2-day mindfulness training
- For executives and employees, for teams and mixed groups
- Leave any reactive attitude behind and tap into your creative power
- Number of participants: 8-12

Suited to be added to your training catalog or as an offer for your internal academy.

BUSINESS-COACHING

- Intensive 1-on-1 support for top performers and key persons in your company
- Available as individual lessons, half-days or complete days
- The format with the shortest run-up period

6 WEEK PROGRAM

- Long-lasting program to implant a long-term awareness of effective self-guidance and mindful working techniques
- Increasing team performance and health of individuals
- Maximum Transfer to the day-to-day work of the participants
- Format: 2 x offsite workshop, 6 week guided transfer phase

Suitable to be added as an element into your existing management development program.

 All offers are available in English and German language.

KEYNOTE SPEECH FOR YOUR UNFOR- GETTABLE EVENT.

- Captivating keynote or inspiring speech
- From Germany's most widely read author on mindfulness
- Ideal for conferences, executive meetings or health days
- An interactive, motivating talk that inspires your audience and animates to action
- Expert at work: With your booking of Jan Eßwein you will get a passionate and inspiring highlight for your event
- Language: English or German
- Duration: 20-60 minutes
- Audience: 10-1000 listeners

»An impressive evening talk!«

Gerhard Vonach,
Director Pro Mente Austria

Jan Eßwein

Autor und MBSR-Experte





»Life presents very different situations for each individual. Jan Eßwein showed me convincingly that it is essential how we deal with it.«

Joachim Zeuch,
Sales Manager Night Star Express

WORKSHOPS AND TRAININGS TAILORED TO YOUR NEEDS.

BENEFITS

- Learn how to leave the reactive attitude behind and tap into your creative power
- Handle stress more effectively
- Early awareness of performance limits
- Increased power of concentration
- Work more efficiently and effectively

CONTENTS

- Mindfulness techniques that can be applied immediately in your daily work routines
- Tools for healthy self-management and self-care
- Mindful leadership and communication techniques
- Outcome-oriented use of digital media
- Unitasking
- Mindful Meeting
- Transfer guidance for participants to implement interdependently into their work routines

KEY FIGURES

- Number of participants: 8-12
- Duration: Typically 2 days; other formats on request

To allow for maximum transfer see the 6 week program on page 16.

Suited to be added to your training catalog or your internal academy.



MINDFULNESS- BASED BUSINESS COACHING

BENEFITS

- Prompt addressing of your individual business challenges
- Intensive 1-on-1 support for top performers and key persons in your company

CONTENTS

- Resolving relationship and conflict issues
- Support with new leadership tasks
- Handling stress more effectively
- Restoring your work-life balance

KEY FIGURES

- Available as individual lessons, half-days or complete days
- The format with the shortest run-up period

WHAT A COACHING WITH JAN EBWEIN CAN DO FOR YOU?

With his background in MBSR (Mindfulness Based Stress Reduction), focusing and systemic business coaching, Jan Ebwein asks those questions that make all the difference. He initiates reflexive processes in an effective manner. With his 20+ years of meditative practice he emanates a deep calm that quickly fosters a pleasant and focused atmosphere.

»Jan is, without exception, the best coach and instructor I've had. He tunes into the detail of exactly what his clients need and motivates them to do the work necessary to perform their best.«

John R. Phelps, Managing Director,
National Semiconductor Europe

THE 6 WEEK PROGRAM

Suited to be an element in your existing management development program

BENEFITS

- Best possible transfer into your working routine via six week learning partnerships with email support
- Significantly higher efficiency and effectiveness
- Increasing of your team's performance
- Increased resilience of participants, leading to reduced costs of illness related absences
- Significant improvements in cooperation
- Improved long-term employee retention

CONTENTS

- Adaptation of mindfulness techniques as well as leadership and communication tools, into the work environment of the participants and within the organizational context
- Participants will integrate the following tools in their daily work routines: Mindfulness techniques, self-management techniques, digital detox, unitasking, energy level check, mindful meeting, etc.

KEY FIGURES

- Kick-off with a 2 day offsite workshop
- 6-week transfer phase with learning partnerships, email impulses and individual transfer coaching
- Wrap-up with an on-site intensive workshop enabling long-lasting absorption and strengthening of the experience



»Jan Eßwein does not only create behavioral changes with the teams he works with, but also a change in the team's chemistry: communication becomes clearer and more direct, our mutual awareness is being strengthened, results and staff satisfaction are noticeably improved.«

Andreas Schlüter,
Plant Manager at W.L.Gore

REFERENCES – CUSTOMERS

(EXCERPT)



REFERENCES – MEDIA/PRINT/TV

(EXCERPT)





YOU ARE INTERESTED?

Please contact me and together we can explore which support options are useful for your situation.

Jan Eßwein

Mindfulness in business.

Speaker · Author · Business-Coach

Phone +49.(0)8143.56 09 72 2

Mobile +49.(0)177.79 79 79 5

Email info@janesswein.de

For more information please visit www.janesswein.de
and  Facebook,  YouTube,  Instagram,  LinkedIn
and  Xing.

For a mindful and possibly common future,



Yours Jan Eßwein

Jan Eßwein Mindfulness in business.

Speaker · Author · Business-Coach

Landsberger Str. 66 · D-82266 Inning am Ammersee

T +49.(0)8143.56 09 72 2 · **M** +49.(0)177.79 79 79 5 · **E** info@janesswein.de · **W** www.janesswein.de

