

Additional Meditation Seminars

Mindfulness Meditation

Non-Reactive and Empowered Living

Creative Visualization

Discovering the Mind's Creative Power

The Many Faces of Ego

Moving Beyond Fear

Restoring Purpose and Passion

Bringing Qualities of Soul to Life and Work

Loving-Kindness Meditation

Love and Acceptance of Self and Others

Mindful Eating

Eating with Peace, Pleasure and Purpose

Meditation for Pain Management

Making Peace with Pain

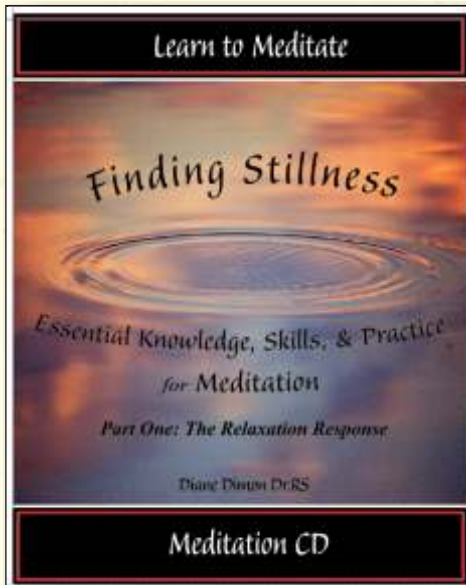
Meditation for Youth

Skills for Self-Esteem and Learning

Finding Stillness

Beginner's Meditation Basics (also on CD)

Meditation CD



Welcome to Matters of the Mind

Diane Dimon, Dr.RS, is director of *Matters of the Mind*, a California-based company that teaches a full range of meditation techniques for stress management, self-awareness, and health. She conducts seminars, retreats, private instruction, and personal coaching. She has trained thousands of people to meditate since 1991, including businesses, universities, hospitals, healthcare providers, youth, and individuals from all walks of life. Dr. Dimon is the author of the Meditation Training CD *Finding Stillness*. She has practiced the many varieties of meditation for 35 years, and holds a doctorate in Religious Studies, specializing in the study of consciousness, the mechanics of stress, and the mind-body connection.



"People are the heart of business and no matter how gifted or committed they may be, they all deal with the high demands of today's professional life. Meditation harnesses the power of the mind to counter stress and improve health, happiness and performance."

Diane Dimon, Dr.RS



Strategies for a
Productive and Creative
Workforce

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IS STRESS AFFECTING YOUR BOTTOM LINE?



Meditation for the Workplace

- Improve Employee Relations
- Increase Productivity
- Reduce Stress-Related Illness



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The Problem: STRESS

Stress costs U.S. companies over \$200 billion per year in lost productivity, employee turnover, workers compensation, absenteeism, and healthcare costs.

The Solution: MEDITATION

Research by the National Institutes of Health, Harvard's Mind-Body Medical Institute, and many other respected organizations has proven meditation to be the single most effective method for countering stress, both physically and mentally. Companies of all sizes, including Marriott, AOL, and AT&T offer meditation to their employees as an integral part of their stress management programs.

In *Matters of the Mind* seminars, you'll learn to...

- Reduce stress instantly with clinically proven meditation techniques and cognitive training.
- Understand the relationship between stress, health and the mind-body connection.
- Identify common stress triggers in the workplace and how to overcome them.
- Respond skillfully to difficult people and situations.
- Face changes and challenges with increased ease.
- Increase levels of peace and clarity of mind.



The BENEFITS

Extensive research over four decades has proven that just a few minutes of meditation a day can bring about the following benefits to your business:

Improved Employee Relations and Morale

Meditation is proven to decrease interpersonal conflict and increase communication, cooperation, and teamwork. This improves job satisfaction and company morale.

Increased Productivity and Performance

Research proves that meditation increases brainwave activity, which leads to greater focus, memory, and creativity. It overcomes fatigue and burnout, resulting in more innovation, efficiency and productivity.

Improved Health and Well-Being

Meditation is a proven way to reduce illness and absences, worker's compensation claims, and healthcare costs. It reduces hypertension and heart disease, boosts the immune system, and reduces headaches, chronic pain, anxiety, insomnia, and other stress-related conditions.

The BOTTOM LINE

Meditation increases company profits by enhancing the qualities that companies need most from their executives and their employees. It is simple, proven, and cost-effective.



TRAINING OPTIONS

Matters of the Mind offers customized training programs to serve executives and employees at all levels. These programs are excellent for team building, employee wellness programs, professional development, and as rewards for a job-well-done.

Half-Day Seminar

Participants learn three classic techniques: The Relaxation Response (which releases stress), The Preference Process (which identifies and alters thinking patterns that cause stress), and Mini-Meditations (which fit easily into a busy schedule).

55 Minute Introductory Presentation

Great for staff meetings and *lunch & learns*. This entertaining presentation introduces meditation and its proven benefits, and it provides participants with a brief meditation experience.

Customized Training

Customized training is offered one-on-one, in small groups, or in senior management teams. Sessions range from one hour to ongoing training and support.

Other Services & Products

- Follow-Up Seminars • Corporate Retreats
- Conference Workshops • Meditation CD
- Ongoing Classes available in Fresno

Scheduling & Fees

Call for details: 559.447.5850

Email us: Info@MattersOfTheMind.net

Visit our website: www.MattersOfTheMind.net

From the Journal of Business and Psychology

"The distinctive psycho-physiological state of restful alertness produced by meditation appears to improve employee health, well-being, job satisfaction, and productivity. This in turn influences organization climate, absenteeism, and financial performance."