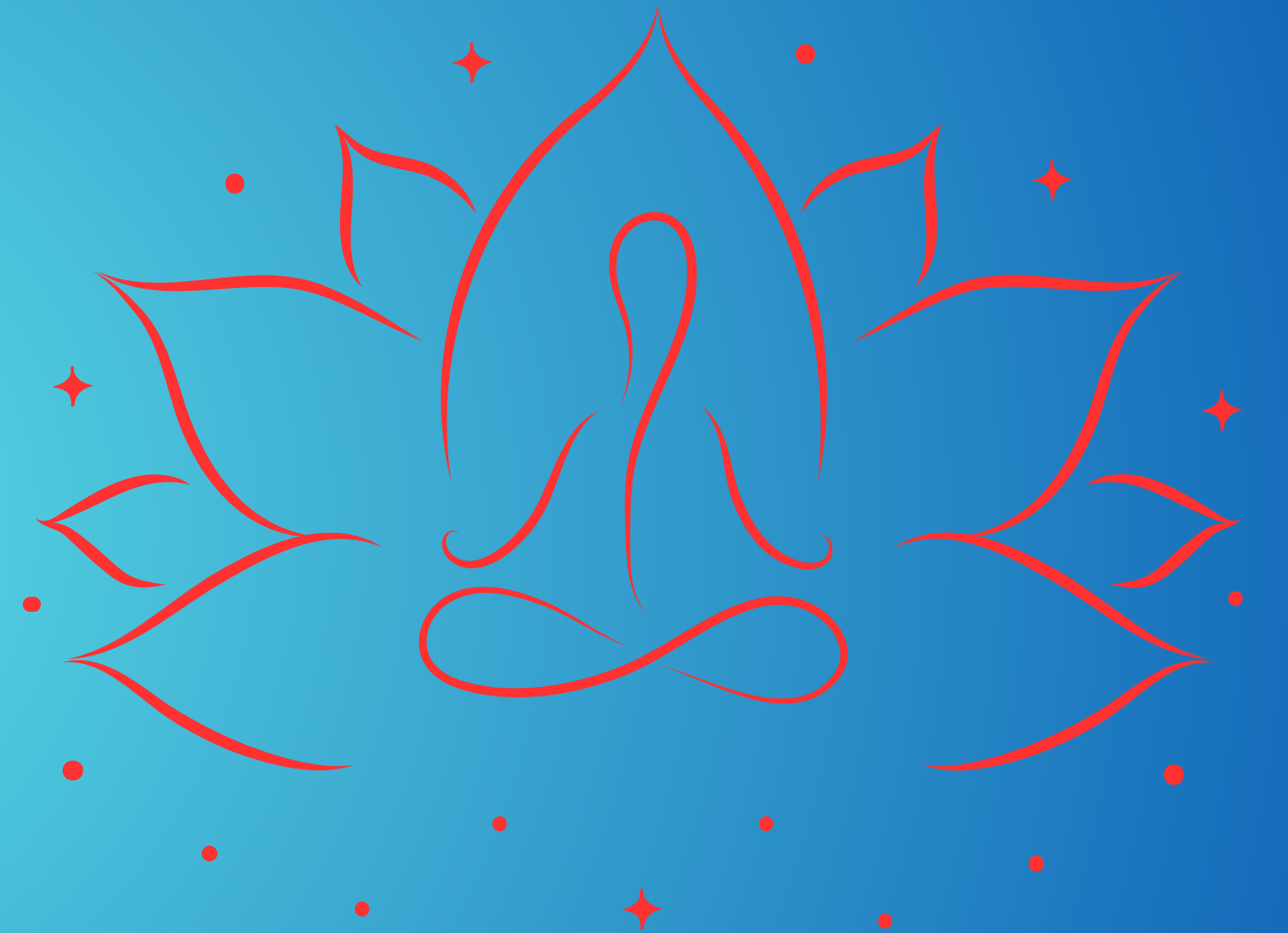


# Mindful Performance Framework

[WWW.TIMDUFFYMEDITATION.COM](http://WWW.TIMDUFFYMEDITATION.COM)



# EMPLOYEES ARE SUFFERING.



**33%**

...of employees report experiencing depression, anxiety, or burnout

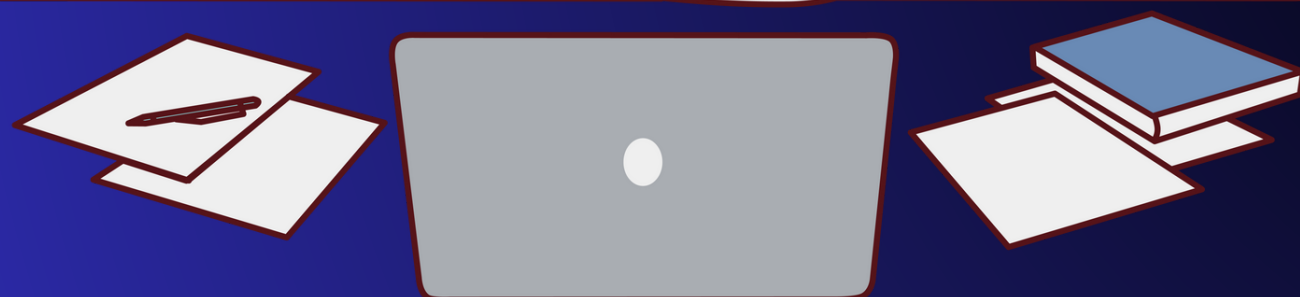
**80%**

...of employees say the biggest obstacles to achieving their well-being goals are work-related

**81%**

...of execs and employees expect their employers to provide mental wellbeing support

source: wrapbook





# **THERE ARE 3 PROBLEMS:**

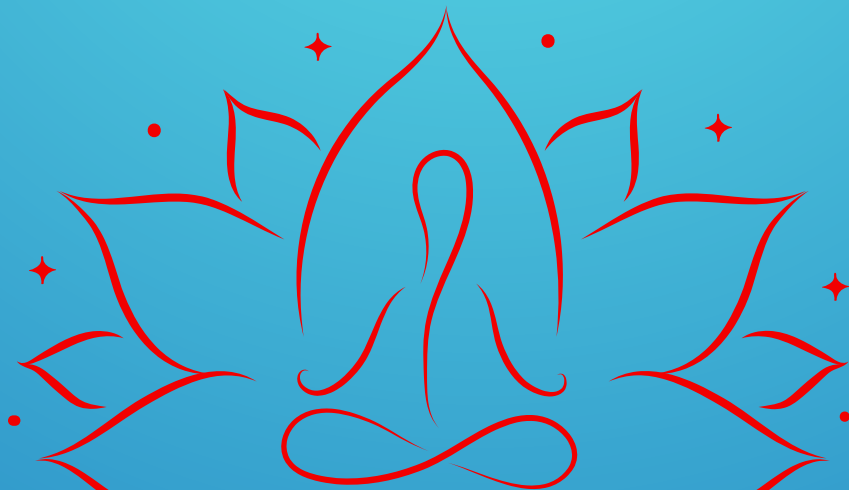
- 1. Workplace well-being is at a breaking point, with stress, burnout, & anxiety undermining productivity & morale.**
- 2. Employees expect support, yet employers lack the expertise and resources for effective interventions.**
- 3. Patchwork solutions yield minimal benefits & low-engagement, leaving employees & organizations struggling.**

**BUT THERE IS A SOLUTION....**

# MINDFUL PERFORMANCE FRAMEWORK

Mindful Awareness Training at work that enhances  
**Focus, Emotional Resilience and Interpersonal  
Connection.**

The program doesn't just help employees on the job,  
it helps them improve all aspects of their lives.



TIM DUFFY CONSULTING



# WHAT IS THE MINDFUL PERFORMANCE FRAMEWORK?

Deployed in both individual and group one-hour sessions, the MPF Protocol provides **easy-to-learn training** and techniques that **increase awareness, resilience, & presence** regardless of outer circumstances.

This safe-but-powerful “Big Tent” solution **empowers and amplifies** the strengths of **your workforce** while providing a sustainable **foundation for all existing EAP’s**.

## RESULTS

---

**28% reduction in stress**



**25% reduction in absenteeism**



**26% increase in emotional intelligence**

Sources: Harvard Business Review, UCLA, SIYL

# HI, I'M TIM DUFFY.

*"We spend most of our time working. The simple logic is this:  
How we relate to work determines how we relate to our lives.  
Let's make life better."*

Seventeen years ago, I was internally paralyzed by anxiety and depression. On the outside, everything seemed fine. I had a good job and was making good money, but couldn't figure out why I was struggling every day.

Therapy wasn't effective. Self-medicating wasn't the solution. So, I turned to mindfulness.

Within six months, this practice radically transformed my life for the better. Today, I am a two-time Emmy-winning, DEIA-trained Mindfulness Meditation Teacher who leverages my experience as a Fortune 500 Executive and two-time startup Founder to help executives, employees, and organizations thrive.

My clients, both current and former, include some of the world's best comedians through my partnerships with The Comedy Store, The Improv & Comedy Gives Back, as well as Michelin Star Chefs, Studio Heads, Network Executives, and everyday individuals like you and me.

## MEET THE TEACHER



### **Training:**

**MMTCP Certified** (UC Berkeley/GGSC)  
-DEI/Trauma informed

**Neurobiology of Trauma** CE/NICABM

**Treating Trauma Master Series** CE/NICABM

**Kennedy Krieger Institute Internship** (Johns Hopkins Univ.)

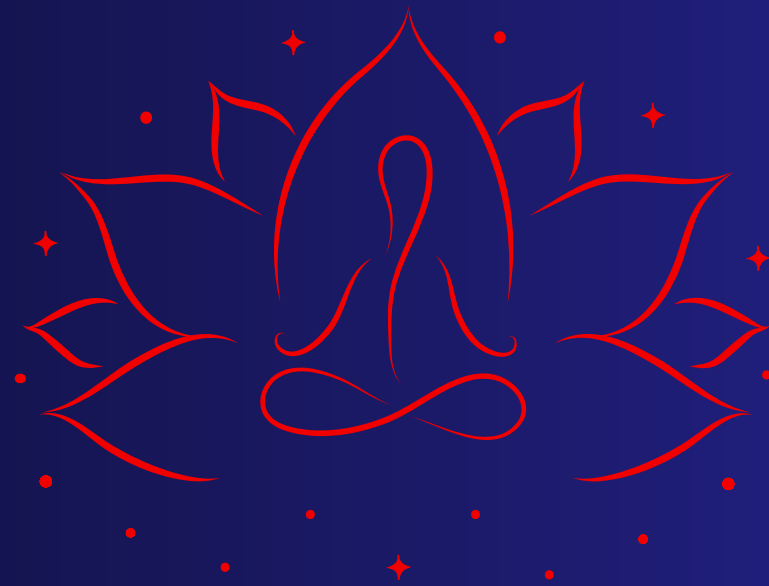
# TWO MODALITIES OF SUPPORT

## “Quiet” Consulting

---

Stress-reduction & performance support that’s quietly offered to employees who need or want to effectively manage work/life challenges.

Designed for companies that need ongoing support for both individuals and teams.



## Quick Team Building

---

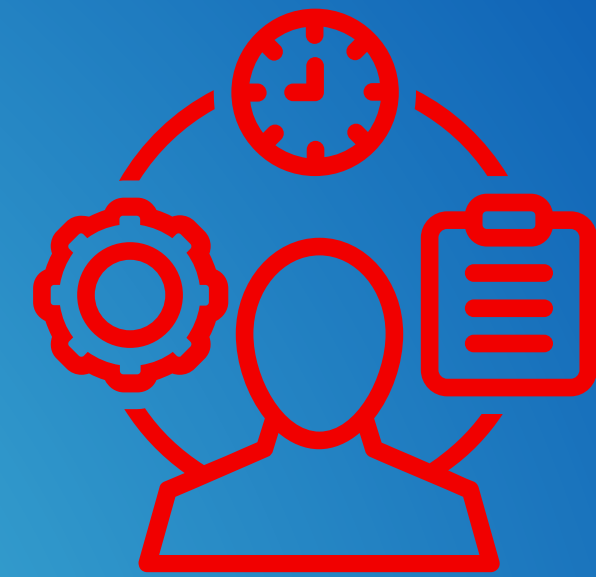
The Unbreakable Minds Protocol is designed for short bursts of mindfulness-based stress reduction and team optimization.

Designed for smaller organizations that are seeking team-building in groups of 15 or less

\*Both of the above modalities can be combined into custom programs with HR department input\*

# QUIET CONSULTING

## The Executive Program



Designed for businesses that require “quiet” stress reduction services for key employees, managers and executives. This program includes individual coaching services that can be deployed towards monthly minimums.

Executives who are experiencing extreme stress report a 20–40% reduction in anxiety after 2–4 weeks of engagement. This program helps retain key executives while getting them back to peak performance.

**Custom Consulting Programs for both teams and individuals are also available**



# QUICK TEAM BUILDING

Quick Team Building

## The Unbreakable Mind

3-week Mindfulness-based Stress Reduction  
Programs for Teams



Modeled after Duffy's 3 & 6-month corporate programs, this industrial strength 3-week wellness system equips teams with neuroscience backed tools that are proven to **reduce stress, boost team engagement, and foster resilience.**

Utilizing interactive Zoom sessions, live and on-demand guided meditations and personalized instruction from Tim, The Unbreakable Mind offers a powerfully modern approach to wellness that **fits seamlessly into the busy schedules of the team.**

**Reduce Stress – Boost Workplace Happiness – Reduce Anxiety  
Increase Confidence – Strengthen Team Unity**

## KEY FEATURES



**Mindfulness , not just Meditation** – The mindfulness techniques learned are applicable with or without meditation practice. This mindfulness program does not require participants to meditate, although it’s recommended.

**Rapid Relief**– Most participants experience real-time relief during each session. This relief extends well beyond each session when practiced personally.

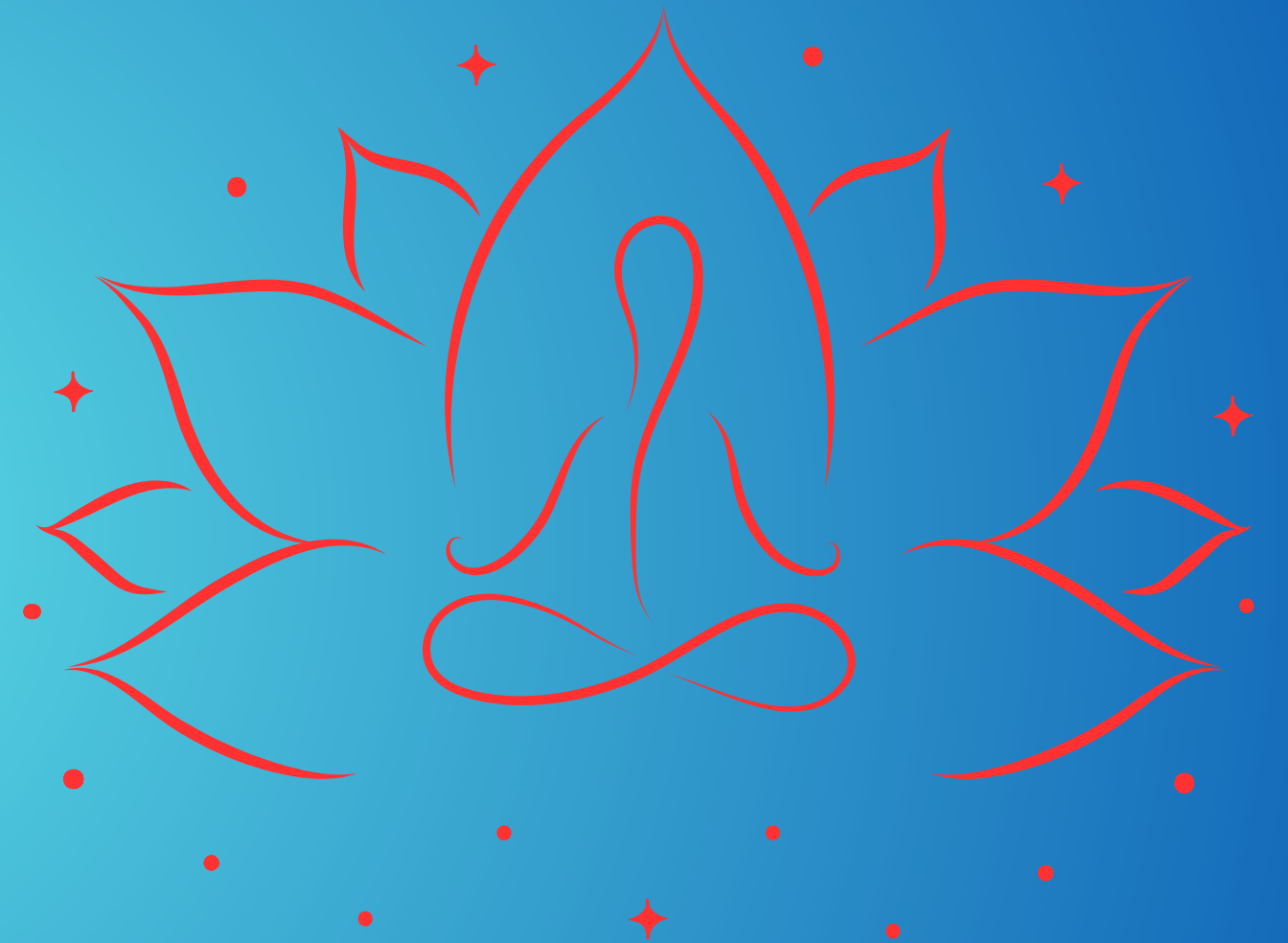
**Practical Tools**– Specifically designed for our industry and our lives, the tools and techniques are easy to learn and remember.

**Meditation Buddies**– An optional, but powerful tool includes the selection of a “Meditation Buddy” who becomes your confidant and co-practitioner throughout the group or even individual programs (and beyond!)

**Retreats** – On the last day of the group programs, or on an as-requested basis, we bring everyone together for a restorative, community-building IRL retreat.

# Mindful Performance Framework

WWW.TIMDUFFYMEDITATION.COM



For pricing and more information, please call or email:  
tim@timduffymeditation.com  
310-433-2626