

Alison Roberts: Mindfulness Coach and Trainer

80% of workers feel stress at work; nearly half say they need help learning how to manage stress. Is your company's response supporting employees and optimising productivity?

Background:

London-based Alison Roberts is expert in the field of mindfulness and non-verbal communication and offers mindfulness classes and coaching services to private and business clients, using her proprietary system, Universal Journey. It's a proven system tested on over 11,500 people with a 98% success rate.

Her unique, practical approach has come from being a business owner and 26 years' experience in sales, training, consulting and marketing. As a result, Alison's work has gained extensive media interest and provided her client base, including Google Campus, with tangible results. She is the author of the upcoming book 'Stop talking start Connecting'.

"I used some of Alison's suggestions and the results exceeded my expectations; I achieved 130% of my quarterly sales target in the first 2 weeks of the quarter" Kiran, IT Sales.

What is Mindfulness?

It is a 2,500 year old Buddhist practice which focuses on being focused and aware of the here and now and not worrying about the past and future. Practicing these simple principles make you more alert, calm and productive.

Mindfulness has been the subject of extensive research, heavily featured in the press, taught as a core component to leadership on UK Universities MBA Courses and is used by some of the UK's top tier Institutions.

Universal Journey is a powerful solution to the current problem staff absenteeism, stress and overwhelm. Why not join companies who've increased profits by 315% and make your organisation a more inspiring place to work.

Who uses Mindfulness?

Google, TFL, NPower, Innocent, NHS, Virgin, BP in Canary Wharf (who have a meditation room), Goldman Sachs (use meditation pods), Credit Suisse, KPMG, Barclays, LloydsTSB, PricewaterhouseCoopers and Deloitte.

The Bank of England have run taste meditation sessions as part of a series of 'working life seminars'. Over 50 MPs in parliament have tried out weekly mindfulness sessions. The Department for Business, Innovation and Skills holds free lunchtime meditation classes.

Interested? Alison runs taster sessions, talks and classes for your group or office.

What are the benefits?

- Less stress, more sleep: 33% Average reduction in the stress hormone cortisol and 42% reduction in insomnia
- Healthier and more productive: 250% more effective at reducing anxiety than any other technique and 65% more energized and productive
- Happier staff: 46% reduction in employee turnover and 64% feeling more engaged in their work

“What attracted me to Alison was her clear, down-to-earth approach. The results I got frankly stunned me. I would recommend Alison’s Courses to anyone wanting to develop good people/communication skills, and those who want to have more confidence in their Intuition.”
Louisa, L&D Manager

- A proven increase in performance, problem solving, creativity, wellbeing, focus & memory.

Alison featured in the Media:

