



MTI

Aspire Beyond Expectations

CASE STUDY

Mindfulness and Resilience

AT A GLANCE

CHALLENGES

- Overwhelm
- Frustration
- Lack of productivity
- Lack of resilience

BENEFITS

- Enhanced productivity
- More calm
- Better efficiency
- More focused

ABOUT MTI

MTI is an organizational consulting and coaching company focused on leadership training, coaching, consulting and facilitation. With over 23 years of experience MTI brings quality and depth of experience to every engagement it is on as well as years of experience in many government agencies.

THE CHALLENGE

During challenges and tough times staff and leaders can feel drained, overwhelmed, anxious, and stressed. Lacking in sufficient tools to help to manage these emotions, staff and leaders are not as resilient as they could be. They lack the emotional intelligence to be self-aware, connect with others, empathize with those around them, and resolve conflict when it may arise.

THE SOLUTION

MTI provides Mindfulness and Resilience training courses to provide the tools necessary to build up staff and leaders emotional intelligence and resilience skills. Backed by neuroscience, started at Google, and honed over the years Mindfulness training and skills can provide an integral key to helping staff and leaders become more self-aware, understand others around them, work on building stronger relationships and developing key tools to manage in difficult and stressful times. Resilience skills as well help in bouncing back from challenges and having tools to rebound more quickly.

MTI

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CASE STUDY

Mindfulness and Resilience

MTI provides the following results with Mindfulness and Resilience:

- Enhanced productivity and efficiency
- Increased focus
- More calm
- Enhanced stress management skills
- Increased emotional intelligence skills



Ready to have a discussion with MTI? Click here.

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Using Mindfulness as a Strategic Approach



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