

# Soul Mentor Corporate Coaching Program

[www.shayanmehdi.com](http://www.shayanmehdi.com)





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# Guiding Issue

In a 2009 Nationwide Survey conducted by the American Psychological Association, out of 1,568 working adults over the age of 18 yrs (729 M & 839 F),

**69% reported feeling negative work relationships, interpersonal conflicts, lack of peer support, and social isolation.**

In a 2014 Global Workforce Study, out of 32,000 employees,

**76% did not feel engaged nor supported in their work environment on a daily basis.**

**Point blank, people aren't feeling supported emotionally at where they work. Their Mental Health is an issue and they are craving resources to feel safe and supported.**

What we would like to propose is to provide your employees a space where they can feel warmth, compassion & empathy. The purpose of Soul Mentor Coaching is to provide your employees mind, body & spiritual wellness.



# Our program focuses on developing 3 core tenets:

1. Mindfulness
2. Emotional Intelligence
3. Compassion

Social Scientist Matthew Lieberman has pointed out that our need for connection is just as fundamental as our need for food and water. Our program involves 1-1 coaching & group coaching with a focus on mindfulness, empathy and tools for self-mastery for our clients.

Our mission is to bring Mental Health & Compassion into your space.

# Outcomes of Soul Mentor Corporate Coaching

1. Bringing Mindfulness in the Workplace
2. Creating a Work Environment that is Inclusive
3. Increasing Levels of Compassion in the Work Environment
4. Increasing Social Connection
5. Increasing levels of Motivation Creating Trust & Safety

# Bringing Mindfulness into the Workplace

According to the Harvard Business Review: "Mindfulness should no longer be considered a "nice-to-have" for executives. It's a "must-have". Some benefits are:

## 1.FOCUS

## 2.THE CALMNESS OF THE MIND

## 3.NEUROPLASTICITY (INCREASES GREY MATTER)

Grey Matter is responsible for Muscle Control, Sensory Perception, Decision Making & Self-Control. 95% of all oxygen that goes into the brain goes into the grey matter. (Luders et al 2009)

## 4. INCREASES ACTIVITY IN THE ACC (ANTERIOR CINGULATE CORTEX)

Presentations are tools that can be used as lectures.

## 5.BECOMING A BETTER LEADER

# MINDFULNESS IN THE WORKPLACE CULTIVATES AND STRENGTHENS THE QUALITIES OF COMPASSION, EMPATHY, AND KINDNESS FOR THE CLIENT AND THEIR WORK ENVIRONMENT

A study conducted by University of New South Wales reported that Compassionate leaders consistently boosted:

- Employee Productivity Employee
- Morale Bottom Line
- Profitability
- More Engaged
- Employees Satisfied
- Customers Healthier
- Community Greater Shareholder Return







# Bringing Mindfulness into the Workplace also....

**PROVIDES A SPACE OF HEALING  
AND WARMTH FOR THE CLIENT'S  
MENTAL HEALTH**

Helping the client be seen & heard.

Have them feel appreciated.

Creating a level of safety, trust and hope.

**The reasons for losing  
customers & clients are  
70% Emotional  
Intelligence related**

THE FORUM CORPORATION

# Benefits of Increasing Emotional Intelligence Leading to Success in:

1. Decision-Making
2. Leadership
3. Strategic & Technical
4. Breakthroughs
5. Open, honest communication
6. Trusting Relationships
7. Teamwork
8. Customer Loyalty
9. Creativity & Innovation

# Mindfulness & Emotional Intellegence creates a more inclusive work environment

Shifting from a place of Hostility to Respectful might require courage and patience. Cultivating connection with others and even ourselves is critical in establishing a deeper groove toward inclusive communication. Exploring the reasons for the disconnect is the first step in getting everyone's needs met.

# How We Get These Outcomes (Tools)

Under the umbrella of EQ (Emotional Intelligence), our program focuses on healing & raising the emotional intelligence of our clients. The following areas are our tools of focus which help us raise the EQ of your employees: Mindfulness, Mental Health Therapy & NLP Techniques (Neuro-Linguistic Programming).

## *Mindfulness*

- Meditations
- Guided Visualizations
- Mantras, Positive Affirmations, Reflective body & mind exercises

## *Mental Health Therapy Provided*

- I have received accredited training by the BBS (California Board of Behavioral Sciences)
- Trained in Various Mental Health Modalities: Psychoanalysis, Gestalt, Jungian, Rogerian & Dyadic

## *Life Coaching Services Provided*

- Raising Intrinsic Motivation
- Goal Setting
- Leadership Discourse

# Program Philosophy

Our corporate program is broken down into 3 main philosophies which address this: Self-Mastery, Compassion & Inclusivity.

## LEARN

Focusing on self-mastery (leadership, intrinsic motivation, grit, perseverance & tapping into our potential) based learning in connection to a growth mindset.

## LOVE

Developing empathy & compassion (compassion for others & self).

## GIVE

Having a mindset of contribution towards our environment & common humanity. Valuing community building through principles of diversity + inclusivity.

Soul Mentor  
Corporate Coaching  
Program

# What Makes Soul Mentor Unique?

Our Soul Mentor program combines my background and strengths in Clinical Mental Health Training, Life Coaching Training and my foremost passion for helping others heal through compassion.

## QUALIFICATIONS

- Compassion Cultivation Training at Stanford University
- MA in Counseling Psychology with a Holistic Psychology specialization from John F. Kennedy University
- Clinical training received by Therapists
- Approved Clinical Intern Services provided under the supervision of the BBS (California Board of Behavioral Sciences)
- Life Coaching Training
- Diversity & Inclusivity Leadership Bootcamp Training at iRestart
- MBSR (Mindfulness-Based Stress Reduction) Training at Mountain View Hospital & Esalen Institute
- Mindfulness-Based Training for Working with High-Risk Adolescents
- Couples Therapy Training
- Geriatric Counseling Training from AgeSong Institute
- Leadership Mastery Training from Life & Business Strategist Tony Robbins
- Early Childhood Training from Santa Clara County of Education
- Holistic Healing Training



When it comes employees, executives or CEO's, they all are human. We all seek a fundamental need: Our need for love and connection. Our Soul Mentor program is designed specifically for this reason. We create the healthiest work environments when others feel connected and loved. Cultivating mental health & compassion is our purpose.

**“Mental Health & Compassion, it's our birthright”**

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# Let's start this journey together!

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