

 myndway

ACADEMY now open

Designing the future mindfully

myndway offers – overview

Trainings for
mindful leaders

Learning journeys for
mindful teams

Onlinetrainings for
everyone

Webinars & keynotes
to meet us

myndway.com

Together, we design a new world of work

The world of work is evolving. Jointly, we can develop courage and strength to consciously design that evolution and to innovate it with mind and heart.

Our vision at myndway is to drive innovation and change together with like-minded thought leaders and visionaries. To do so, we focus on developing important superpowers that empower everyone within the company to find purpose in what they do. This way, we can all together co-create a sustainable and forward-thinking economy.

The journey of transformation sparks from within. It may be a journey that starts with small steps. Let us take these steps together. In our hybrid and mindfulness-based trainings, we provide leaders, managers, and teams with the necessary tools and methods for designing this journey.

We are looking forward to accompanying you and your company towards purpose, growth, and happiness.

Dr. Martina und Tim Weifenbach

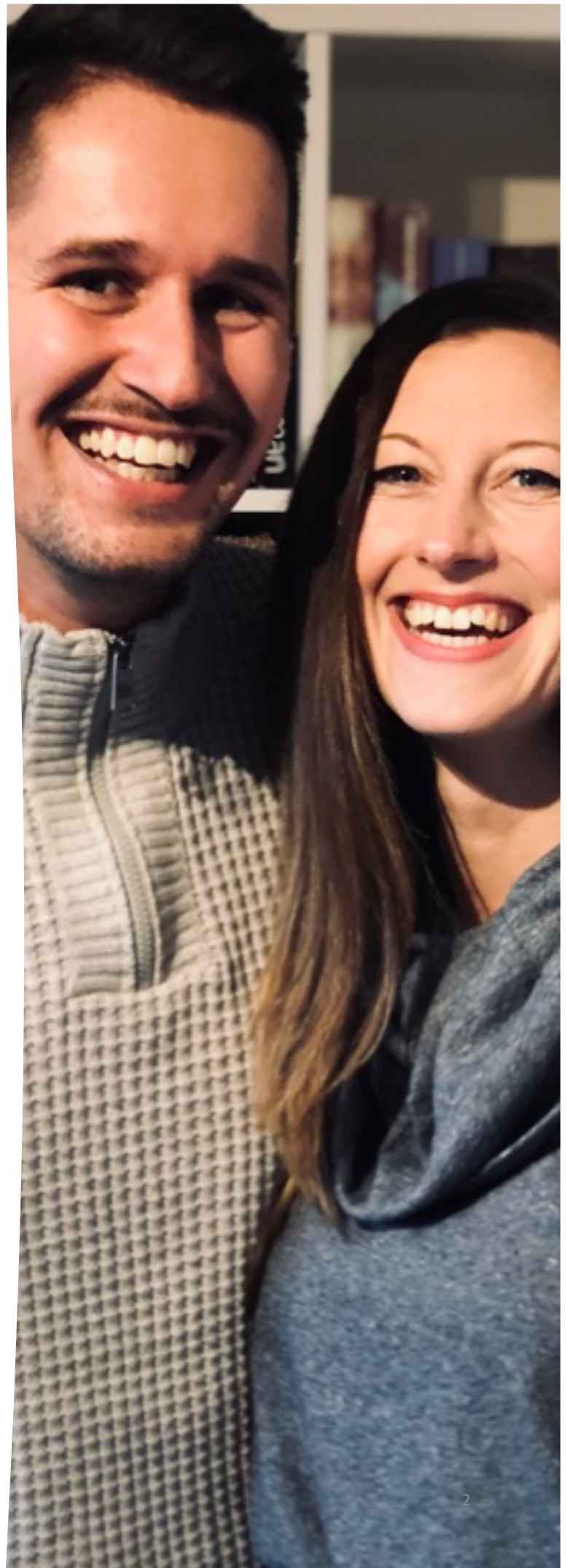
Co-Founders of myndway

by Mutig und Achtsam GmbH

Get in touch:

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myndway.com



Science meets practice mindfully

All of our trainings and learning journeys build on the research of Dr. Martina Weifenbach as well as the wide practical experience of the myndway-Team. The team has worked for companies of all sizes all and industries all over Europe and the U.S.

Our methods are based on insights in neuroscience, agility, and innovation management. The participants to our trainings experience change as a natural cycle and adopt superpowers, which are crucial to shape a sustainable and mindful future.

New Mindfulness Model by myndway



The new world of work is agile. So are we.

myndway toolkits for explorers

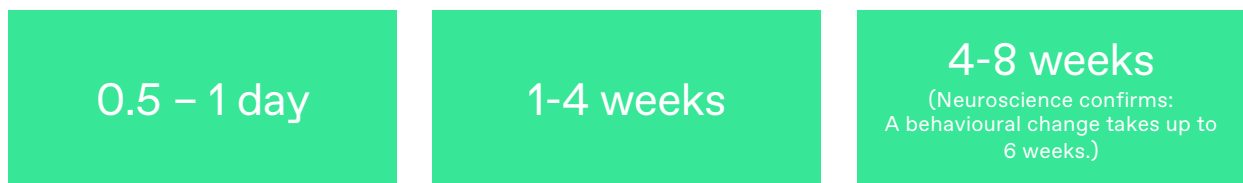
The digitalization poses challenges for leaders, managers, and teams. Leaders, in particular, are required to take on a new role to become shapers, designers, and enablers of the on-going technological evolution that crucially affects the way we work. Purpose and values are becoming vital foundations of change. They provide orientation in times of uncertainty and infuse goal-driven collaboration.

But not every company needs the same kind of trainings. Our toolkit allows you to pick and choose the modules that fit your company's needs. We are happy to support you in designing your best mindfulness-based training.

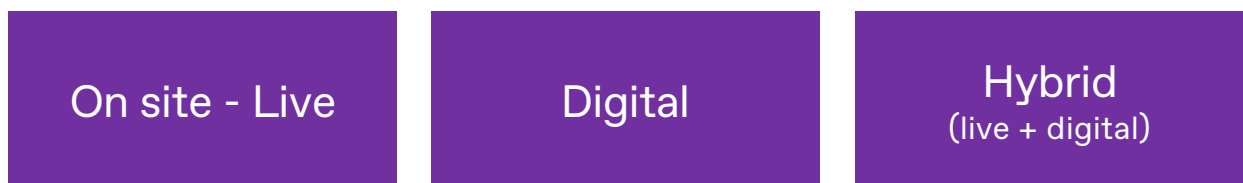
Step 1: Which superpowers do you want to develop?



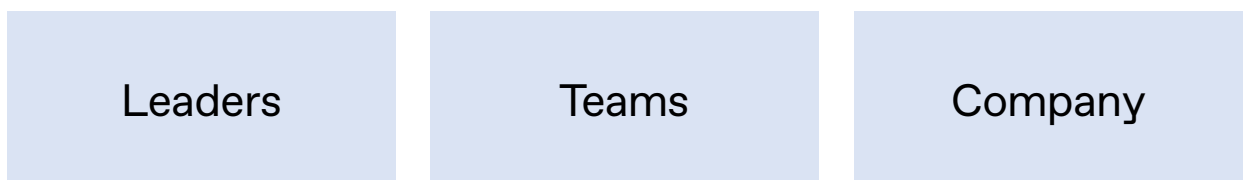
Step 2: How long should your training last?



Step 3: How do you want to conduct your training?



Step 4: Who is the training for?



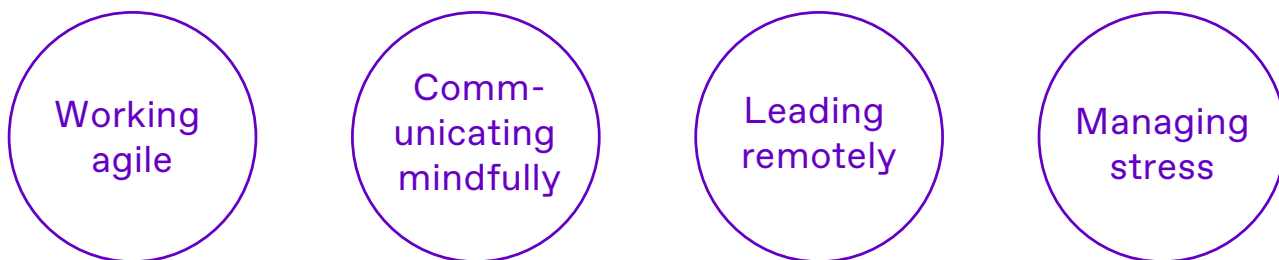
Reinventing leadership

Trainings for mindful leaders

Overview

Leadership is about finding a good balance of future-orientation and readiness to act. In our trainings and learning journeys, we address the current challenges that leaders face and match those with agile and mindful methods.

While doing so, we do not lose individual challenges out of sight. We look at uncertainties and resistance towards change as well as (technological) methods to support agile collaboration, virtual work, and leading digitally. All of those tools and methods support leaders in empowering their teams to jointly drive innovation and change.



Training formats and -contents

On site - life

- 1- 3 workshops
- Group work
- Experiencing mindfulness through guided and self practice

Digital

- 60-90 minute webinar
- Videos and podcasts
- Coaching
- Access to the online myndway academy

Hybrid

- A combination of digital and live content

Duration and number of participants

2-8 weeks training program

Max. 20 participants

Value: Upon agreement

We are happy to help you design your training:
tim.weifenbach@myndway.com

Growing together

Learning journeys for mindful teams

Overview

The way of how we work together is changing. Teams meet virtually, team members work remotely, and team meetings are mostly about discussing pre-defined questions and issues. Those changes in collaboration are posing a challenge for many people, who miss seeing their colleagues or having an informal chat in the hallway. But those changes also provide the chance to grow together. The mindful learning journeys for teams focus on methods to foster well-being at work, empathy and self-compassion, and openness for change.

Living
empathy

Working
together
remotely

Managing
conflict

Co-
designing
change

Training formats and contents

On site - life

- 2 – 3 workshops
- Group reflections
- Learning and experiencing mindfulness-based methods

Digital

- 90 minute webinar/s
- Videos and podcasts
- Training buddy
- Workbook

Hybrid

- A combination of digital and life learning formats
- Learning and growing in your own time with the online myndway academy

Duration and participants

2-8 weeks
training program

Max. 20 participants

Value: Let's talk.

We are happy to help you design
your training:
tim.weifenbach@myndway.com

The magic of the unknown

Get-to-know events

Overview

Digital and hybrid learning formats enable people in companies to pursue their personal and professional development in their own time. In a new world of work, networking, the readiness to change, and the openness to innovate are becoming more important. Yet, the readiness to co-create change comes from within every individual. In our get-to-know offers, we address topics like remote work, digital and mindful leadership, or well-being at work. We take practice-orientation seriously. Therefore, our offers always combine theoretical insights with practical tools and real-life examples.

Open
Expert
Talks

Webinars

Meditation
journeys

Choose from a variety of get-to-know events

Open Expert Talks

- For free
- Bi-monthly
- A virtual meet-and-exchange-event

Webinars on

- Mindful+digital leadership
- Remote team work
- Resilience at work
- Living empathy

Meditation journeys

- 1 week
- Guided audio meditations
- Available on the myndway academy

Duration and number of participants

Upon agreement

Max. 20 participants
from one company

Value: Upon agreement

Feel free to reach out:
tim.weifenbach@myndway.com

Design Your Life

Onlinetrainings for everyone

Starts once every month

Do you know your Why?

Are you curious to discover your path in life and beyond? Do you like to tackle challenges with method and strategy? Do you want to learn methods that help you to realize your goals, both big and small? Are you searching your personal Why? Purpose means having clarity about where you are headed and knowing your goals as well as your vision. Once you have understood and deeply connected with your purpose, you also have a deeper sense of what drives and motivates you.

This is what you get in 4 weeks “Design your Life”

- In our weekly webinars, you learn how your personal purpose can help you to achieve your goals and objectives in life. To do so, we will learn to apply a variety of methods inspired by Design Thinking and mindfulness that help you to define your purpose step-by-step. On the way, Dr. Martina Weifenbach will also elaborate on how mindfulness and neuroplasticity can help you to change the way you think and act over time.
- **Short explanatory videos** provide you assistance in assessing and understanding your strengths, passions, and goals.
- Daily **inspirations** support you in realizing your goals.
- **Audios** with guided meditations foster a sense of calm and focus.
- Your **tandem buddy** assists you in reflecting your experiences and insights.
- Fill in your **workbook** and realize limiting beliefs and how to re-frame those.

Design Your Life in your own time.

Every week, you get one 1-hr-live webinar, 1 meditation, 1 video & 3 inspirations

Duration, participants, value

4 weeks with up to 15 participants, weekly practice time : 2h, value: 249,00 €

How it works

All webinars will be guided by Dr. Martina Weifenbach via Zoom. You will receive all other contents and information through emails and your personal access to the myndway academy.

Sign up: myndway.com/purpose



Designing the future mindfully

Trainings for mindful teams and leaders
combining mindfulness, innovation, and agility.



Dr. Martina Weifenbach

...has written her PhD on digital business models and designing innovation at the University of St. Gallen in Switzerland and UC Berkeley, California. She has been consulting startups and corporations for more than 10 years, with a particular focus on change and innovation. Dr. Weifenbach is a mindfulness coach and long-term mindfulness practitioner and wrote the book: "Mindfulness and Innovation in Integrated Organizations".



Tim Weifenbach

...has gained his professional experience by working for different startup accelerators and incubators as well as large companies like Google. During his career, he gained insights in various industries, including the digital health industry. His vision is to help companies grow through human-centricity and value-orientation, thus giving every individual in the company the chance to become part of a sustainable, humane, and mindful growth process.

Get in touch

We are happy to assist you.
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