

DDCAP Mindfulness in the Storm

A mindfulness series tailored to the unprecedented challenges created by the Covid pandemic



DDCAP were initially looking to support their employees through the unique challenges presented by Covid-19 and the associated lockdown. One-year later, following positive internal feedback, they sought an additional two interactive sessions to share further mindfulness tools and support employees with their return to the office.

“Adapting very suddenly to so much requirement for change has created a sense of loss and prompted a range of individual responses.”

Stella Cox CBE, Managing Director, DDCAP Group



Following a detailed consultation to understand the company culture and challenges caused by Covid-19, an anonymous survey was shared to understand their employees' experiences and concerns. A 90-minute *Mindfulness in the Storm* webinar was tailored to these challenges, using practical examples of how mindfulness could be applied to areas like stress, anxiety and isolation.

A series of short mindfulness how-to videos, associated handouts, as well as the Mindfulness chapter from *On Purpose* were also made available to employees company-wide. DDCAP Group also chose to purchase copies of the book for all employees who joined the webinar to help further embed the learning.

One year later, following the success of our first session, two *Mindfulness in Motion* webinars were then created to support their employees' transition out of full lockdown and into office bubbles. The first webinar revisited key insights and shared additional practical mindfulness tools to support this transition. The second webinar, six weeks later, was then tailored to feedback received from an anonymous survey capturing successes and challenges experienced during this period. Again, with supporting handouts and resources.

“Thank you again for your time. We are receiving such positive feedback from those in attendance. That level of response is very encouraging indeed and testament to your thorough preparation”

Stella Cox CBE, Managing Director, DDCAP Group



“Steve did an exceptional job, bringing us a sense of tranquillity at the height of the COVID-19 crisis. He introduced practical insights and techniques to address the impact of the individual circumstances that affect us. I would describe the seminar as calm, reflective and productive. Both the content and Steve are highly recommended.” Stella Cox CBE

“I find these sessions so very engaging, which isn't easy to achieve in a remote environment, but you have been successful yet again!”

The session flowed amazingly well. I have received nothing but positive feedback, thank you!”

Natalie Morse, Executive Director, DDGI Limited



“Steve is a great presenter who engages with his audience and knows his subject matter thoroughly. If you have never learnt about mindfulness before this is an excellent introduction, especially in the current environment.” Anon

Further testimonials are included below...

“Steve explained everything in a clear and informative way. By using examples at each part of the masterclass, he helped to connect it with my own personal experiences. Although this class was done through video call, it still felt very interactive.

A great masterclass!”

Anon

“This webinar was incredibly impactful and I have had nothing but good feedback.

Thank you so much for the time you have made available to me in the run up. The time you took to understand our needs and the way in which you delivered the session was exceptional.”

Natalie Morse, Executive Director, DDGI Limited

“I would highly recommend. This masterclass promotes inner calm and helps to develop techniques to assist in clearing the mind. Now is the perfect time to try it.”

Anon