

Mindfulness to improve
focus, decision quality, and
sustainable performance



JAMES
WINSBURY
WELLBEING

Why me

- Trained with UK College of Mindfulness Meditation
- Lived experience of burnout
- 6 years of personal practice
- Dual approach focusing on both productivity and wellbeing



contact@jameswinsbury.co.uk
www.jameswinsbury.co.uk

Challenges in the modern workplace



Cognitive overload → Reduced productivity and decision quality

Top Teams users are interrupted every ~2 minutes

Attention fragmentation → Deep focus made inaccessible

On average, workers switch tasks every ~3 minutes

Increased stress → Dysregulation, illness and burnout

22 million working days were lost due to stress in 2024/25.

Practical mindfulness as the solution

Rewire the brain for focus and attention

Mindfulness can create measurable brain changes after just 8 weeks


Regulate emotions and stress for consistent performance

Mindfulness can reduce cortisol and other physiological markers of stress

Improve clarity and decision-making

Mindfulness can increase functional connectivity in brain regions associated with executive function

How it works



Designed for real life with easy integration into demanding schedules
e.g. Breathing techniques that can be done while walking to meetings

Practical tools built from the principles of mindfulness
e.g. 3 minute awareness practice to regulate stress

Skills that can be directly applied to workplace challenges
e.g. Resilience, attention, decision-making



Outcomes

Better focus and increased productivity

Greater resilience and decision quality under pressure

Lower stress, illness and burnout related costs

*£1 spent on mental health has an average return of
£5 (Deloitte, 2020)*

Core Offering

Interactive workshops

1 hour workshop including guided practices for up to 40 attendees

Small group series

2 hour weekly workshops for up to 5 employees

1-to-1 Sessions

Personalised weekly support for high-stress roles

Testimonials

“In 6 years of tracking my sleep daily, I can safely say I have never slept better, let alone this consistently.”

Jared, Director - Financial Services, Bain & Company

“The session was calm, clear, and immediately useful.”

James, Wealth Manager, Castell Wealth Management

“I saw clear improvements in my mental capacity.”

Keri, Finance Business Partner, OFH UK