

Mindfulness to improve
focus, decision quality, and
sustainable performance



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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



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Challenges in the modern workplace



Cognitive overload → Reduced productivity and decision quality

Attention fragmentation → Deep focus made inaccessible

Increased stress → Dysregulation, illness and burnout



Practical mindfulness as the solution



Rewire the brain for focus and attention

Regulate emotions and stress for consistent performance

Improve clarity and decision-making



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