



Mindfulness-derived:
Attention training.
Nervous system regulation.
CBT Lite.

**Made practical for
the working day.**

Built into how people
move between tasks.
Not outside of work.



Most people aren't broken.
They're just carrying too much.



When that drops,
they just get on with it.



Short resets, in real time,
with no carryover.

Clearer thinking.

Better conversations.

More consistency

...where it matters.



KIM & CHANG



Papworth Hospital

www.zenbok.org

