



Buddhist meditation

The short sessions: **Karunā - Compassion**

01 | The session

About the session

This session is designed to ignite inspiration within your team by harnessing the transformative power of Karuṇā, the Buddhist principle of **compassion**.

Key Features:

- **Guidance and Inspiration:** The session offers guidance and inspiration for navigating challenges and fostering healthier relationships through compassion, understanding, and kindness.
- **Resilience and Empowerment:** Discover how to cultivate resilience and empower yourself and your team by embracing self-compassion and acknowledging personal struggles with kindness.
- **Stress Reduction:** Practicing Compassion meditation can help reduce stress levels, leading to improved mental clarity, focus, and overall well-being.
- **Team-Building Activities:** Engage participants in interactive team-building exercises that foster trust, collaboration, and empathy among team members.



- **Igniting Inspiration:** Participants will leave the session feeling inspired and motivated to approach challenges with compassion and kindness.
- **Increased Empathy:** Participants develop a deeper understanding of others' perspectives and experiences, leading to increased empathy and connection within the team.

02 The practical

The session

Duration: 60 minuttet

Audience: Beginners

Content:

- Introduction to practice
- Guided meditation & team exercise
- Q & A

Price:

< 12 people: dkr. 6.000,-

> 12 people: dkr. 10.500,-

> 25 people: contact for offer

All prices exclude VAT.

- Meditation cushions & mattresses for <25 people are provided.
- Free instructions and Mp3 guided meditation download.

"I continue to be amazed at the broad applicability of the concepts and practices from Morten's brief workshop on **Compassion**.

They have influenced me as a colleague, a parent, a partner, a leader and a human being.."

- **Sue Jacobs Matzen**

Sr. Anthropologist &
Communicator
Novo Nordisk A/S



03 The teacher

Morten Ryberg is a leading Buddhist teacher renowned for his expertise in integrating meditation and mindfulness practices into the business world.

With a background in both leadership roles within national and international companies and extensive authentic Buddhist meditation and mindfulness training, Morten offers a **unique perspective** on personal and professional development.

Morten's teachings are grounded in **practicality** and **relevance**, providing leaders with accessible tools and training to harness the **power of the mind** for positive **behavioral changes**. From enhancing decision-making skills to cultivating proactive stress management techniques, Morten's approach addresses key challenges faced by leaders today.

Morten's offerings range from individual training programs to team training sessions and intensive retreats, catering to the diverse needs of organizations seeking to **empower** their teams and **foster** a culture of **mindfulness, well-being** and **high performance**. With Morten's guidance, leaders can unlock their full mental potential and lead their teams with clarity, compassion, and purpose.

Client engagement:

Novo Nordisk, Vestas, Danske Bank, Novozymes, Grundfos, B&O, FLSmidth, Maersk Oil, ISS, TDC...

For more information please visit:

www.morten-ryberg.com

