## WORKPLACE MINDFULNESS SURVEY RESULTS

- First Response 10 Sep 2020 10:03 am
- Last Response 02 Oct 2020 08:32 am

Number of responses



#### Which best describes your employment right now?



Note: throughout this survey, we use the term "mindfulness training" broadly. Training could include a range of activities including (but not limited to) drop-in classes, formal courses, retreats, clubs, speaker series, or apps. Content could include mindfulness, meditation, yoga, mindful movement, or other contemplative practices. In the past 12 months, did your workplace offer mindfulness training to employees?



In the past 12 months, in what ways were you involved with mindfulness training offered by your workplace?



### In the past 12 months, what types of practices were included in mindfulness trainings offered by your workplace? If you aren't sure, feel free to skip past this question.



### In the next 12 months, how do you see things changing for mindfulness offerings at your workplace when it comes to: how many staff participate



### In the next 12 months, how do you see things changing for mindfulness offerings at your workplace when it comes to: available funding



### In the next 12 months, how do you see things changing for mindfulness offerings at your workplace when it comes to: variety of training offerings



### Since the COVID-19 pandemic, what changes have you noticed in mindfulness training participation at your organization?



### Since the COVID-19 pandemic, what changes have you noticed in mindfulness training enrollment at your organization?

Not applicable / Don't know	29% (177)	
Much greater enrollment	13% (78)	
Somewhat greater enrollment	35% (215)	
No changes in enrollment	15% (90)	
Somewhat less enrollment	5% (34)	
Much less enrollment	4% (25)	

Peer group

Group meditations

Speaker series

Book club

# Apps37% (225)Online courses49% (295)Casual drop-in classes44% (265)Formal open enrollment training program30% (180)Formal mandatory training program8% (46)Retreats8% (51)

### In the past 12 months, what types of training were provided? If you don't know, feel free to skip past this question.

### Out of training options provided in the past 12 months, which were delivered by external vendors? If you don't know, feel free to skip past this question.

24% (143)

46% (274)

25% (152)

10% (63)

Apps	38% (136)	
Online courses	38% (136)	
Casual drop-in classes	12% (43)	
Formal open enrollment training program	19% (68)	
Formal mandatory training program	7% (24)	
Retreats	5% (17)	
Peer group	5% (19)	
Group meditations	14% (50)	
Speaker series	21% (76)	
Book club	1% (5)	

Team

Not applicable / Don't know5% (31)Company-wide75% (440)Within my division16% (97)Small group8% (47)Office-wide6% (33)

How widely distributed are the programs? If you don't know, feel free to skip past this question.

# Think about the most senior level staff member actively supporting mindfulness training (e.g. through role modeling, attending activities, changing workplace policies, providing endorsements, or allocating funding). What is the job role of this person?

6% (34)

Not applicable / Don't know	10% (63)	
C-Suite	21% (126)	
SVP/VP	13% (76)	
Director	27% (164)	
Manager	14% (83)	
Individual Contributor	6% (38)	
There is no one actively supporting mindfulness training	9% (55)	

### How, if at all, do you expect your organization to benefit from mindfulness training? If you aren't sure, feel free to skip past this question.

Increase Productivity	48% (282)	
Increase Innovation / Creativity	44% (258)	
Improve Collaboration	47% (279)	
Improve Emotional Intelligence	64% (378)	
Improve Ability to Cope with Change	80% (473)	
Produce Better Leaders	46% (270)	
Increase Happiness	58% (344)	
Reduce Stress	86% (509)	
Reduce Absenteeism	30% (175)	
Improve Employee Retention	42% (248)	
Lower Healthcare Costs	32% (190)	
Improve Resilience	78% (462)	
Improve Overall Well-Being	87% (513)	

### How, if at all, does your employer assess the impact of mindfulness offerings?

Not applicable / Don't know	40% (238)	
Counting the number of participants	35% (210)	
Informal conversations with participants	28% (169)	
Surveying participants	34% (206)	
Tracking business-unit specific metrics (e.g. business-unit OKRs/KPIs)	2% (11)	1
Tracking company-wide metrics (e.g. employee retention, absenteeism, o	7% (42)	
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Some other way	6% (35)	

## Who in the organization provides funding for mindfulness training? If you aren't sure, feel free to skip past this question.

Wellness / EAP	41% (200)	
Learning & Development	20% (100)	
Leadership Development	11% (52)	
Business Unit	7% (34)	
Executive Management	14% (69)	
There is no funding	31% (150)	