The management workshop was conceptualised for eight Allianz CIO managers. It focused on mindfulness, team communication and how neuro-technology can be utilised to support such skills. brainboost developed the concept for this one-day workshop in cooperation with an external mindfulness trainer.

**MINDFULNESS**

At the beginning of the workshop the participants were given an active introduction to mindfulness followed by guided meditation exercises in an intimate setting. To create a deeper understanding of neuro-technology, a lecture was given on the various possibilities and areas of application of this innovative technology. It is particularly important for managers to keep up to date with new technology and to always be the first movers.

A short group exercise was used to give the participants an understanding of the functions of individual brain areas and how they communicate with one another. Potential problems and difficulties were pointed out and discussed in the group. This playful intervention allowed the participants to jointly work out how the functioning of the brain could be improved through meditation, mindfulness, and neurofeedback.

During an interactive lunch break, a BrainReport was conducted for each of the participants. The evaluation and explanation then took place together within the group discussion. Further, each manager had the opportunity to try out the neurofeedback training. In a video game setting, the manager had to control a monk’s upward or downward movements by controlling his or her own brain’s ability to concentrate or relax.

Finally, the highlight of the event was the Team Carrera Challenge. Divided into two teams, the participants competed against each other on various tasks. For example, the teams competed on relaxation and concentration exercises in order to complete more laps in a given time period.

At the end of the workshop there was another joint meditation exercise focusing on mindfulness. Three experts from brainboost were on site for this day.

To summarize, each manager received a BrainReport, a neurofeedback intervention, and the experience of the Carrera racecourse. Additionally they were given the brainboost mindfulness workbook, which accompanies each individual on their personal path to a more mindful lifestyle. An additional workshop will take place 12 weeks after the initial event.

**Dr. Ralf Schneider, CIO Allianz Group**

“My team and I kicked off our organizational mindfulness journey with an excellent 1-day introduction workshop on “mindfulness & neurotechnology” with brainboost. Their approach in combining neuroscience, technology, and ancient teachings about mental health/mindfulness is unique.”