



Corporate Wellness Services

Full Engagement Training
Workshops | Coaching | Counseling



Productivity Through Wellness



Full Engagement Training (FET)

MindBridge's Full Engagement Training is designed to help corporations **reduce turnover, absenteeism and presenteeism**. Employers like FET because its benefits are designed to enhance productivity. Employees appreciate FET because it applies to their whole lives. With a **proven track record of helping hundreds of participants so far**, we help you build resilient teams.

The challenges of companies in Japan:

- 60% of employees in Japan suffer from stress-related conditions
- Burnout and exhaustion are top stress-related conditions
- This results in low productivity
- Rising stress-related absenteeism (increasing post-COVID)
- Created to address the mandatory government stress check

FET addresses these issues by teaching psychological skills that are proven to help mitigate stress and distractions and promote psychological flexibility. This is **designed to positively affect productivity**.

Benefits of FET

- Scientifically Proven
- Builds Values-Driven Motivation
- Encourages Mindful Leadership
- Aligns Well-Being & Productivity
- Enhances Focus & Presence

- Reduces Stress & Burnout
- Designed to Improve Staff Retention, Absenteeism & Presenteeism
- Fosters a Culture of Openness, Acceptance & Growth

Session 1 & 2 Process Flow

1 Mindfulness

Mindful activities introduce participants to skills that help them achieve added awareness, and to manage unhelpful thoughts and feelings.

2 Values

We leverage the added awareness to engage in several values-related activities, thus inspiring meaning and purpose.

3 Home Practice

Home practice is given, to help the processes "stick". A survey and short follow-up Zoom call is scheduled a month later to discuss progress.

Client Success Stories

"It was the first time we intentionally came together to better understand each other's communication styles, and the impact was immediate... This was an excellent starting point for us, and I can already see stronger collaboration and trust within the team."

John Kawase | CFO | Amway Japan

Studies Citing Positive Results

Full Engagement Training is adapted from global ACT-in-the-Workplace programs and applies evidence-based principles in a practical, business-relevant format.

Burnout, stress, and psychological distress are now widespread across global workplaces. **Research consistently shows that Acceptance and Commitment Therapy (ACT)-based workplace training programs can meaningfully reduce distress while increasing resilience, focus, and values-driven behavior.** Full Engagement Training (FET) is based on such global programs.

Below are two of numerous studies that cite positive results.

Reduced Psychological Distress and Burnout

A randomized controlled trial of a 4-session ACT workplace program found significant reductions in psychological distress, with nearly **48% of participants showing reliable improvement and 46% reaching clinically significant change, maintained at follow-up.**

Prudenzi et al., 2022, PLOS ONE

Mechanisms of Change, Mindfulness & Values-Based Action

Evidence shows ACT works not by "removing stress," but by **strengthening mindfulness skills and values-guided behavior, helping employees respond more effectively under pressure.**

Bond & Bunce, 2000, 2003

Participant Feedback in Japan

Improved Awareness

62%

62% reported increased awareness across one or more life domains

Clearer Values

44%

44% reported clearer awareness of personal values

Reduced Stress

38%

38% reported reduced stress levels in their lives

Stronger Teams

56%

56% reported improved team connection and collaboration

Survey data is reinforced by participant testimonials highlighting:

- Practical tools that translate directly to daily work
- Greater clarity around priorities and direction
- Improved emotional regulation under pressure
- Stronger communication and team engagement
- Added awareness of values at work and elsewhere
- Training that feels grounded, relevant, and sustainable

Client Success Stories

"The impact was far more profound than I had anticipated. David's approach was open, thoughtful, and deeply trustworthy. Every member of the team felt comfortable engaging with him and sharing vulnerable aspects of themselves, which I found particularly impressive. Highly recommended."

John Byrne | Founder & CEO | Ascent Global Partners

Mindful Cognitive Processes Behind the FET Difference

Practical skills for managing stress, sharpening focus, and sustaining performance

FET uses mindfulness not simply to relax or suppress thoughts, but to **train cognitive and attentional skills** that improve psychological flexibility: the ability to stay present, respond skillfully, and act according to your values even under stress. FET **develops core awareness competencies first**, creating the foundation for emotional intelligence, leadership, and better decision-making. These skills transfer directly to daily work, communication, and performance.

Bottom Line Results of FET

Attentional Control

Directing and redirecting attention intentionally

- Maintaining focus despite interruptions
- Redirecting attention during long meetings or complex problems

Decentering / Defusion

Seeing thoughts as mental events, not facts

- Staying grounded when self-critical thoughts arise
- Receiving feedback without assuming failure or attack

Interoceptive Awareness

Noticing body sensations without reacting

- Recognizing early signs of stress (tight jaw, racing heart)
- Noticing physical tension before it escalates into irritability or impulsive reactions

Present-Moment Contact

Engaging with experience as it is

- Listening fully rather than mentally rehearsing responses
- Staying engaged with a difficult task instead of drifting into future worries

Response Choice

Creating space between experience and action

- Pausing before responding to a frustrating email or comment
- Choosing thoughtful responses to conflict rather than reacting defensively

How FET is Different

Traditional Coping Strategies

- Avoid discomfort
- Try to control experience
- Work only when calm
- Temporary relief
- Symptom reduction focus



FET Mindfulness Processes

- Build capacity to be with discomfort
- Change relationship to experience
- Work even under stress
- Transferable psychological skills
- Focus on function and values

Client Success Stories

"I walked away with actionable tools for meditation and mindfulness that I can easily integrate into my daily routine, and I have also got positive feedback from the team who appreciate the space that the company has provided for the team."

Sindy Law | Director Human Resources APAC | Atlas Air

Services

Coaching

A focused, goal-oriented process to enhance performance, clarify direction, and create lasting personal or professional change.

Counseling

Offered by a licensed Mental Health Counselor, a supportive, structured space to explore emotional challenges, improve mental health, and develop tools for resilience and well-being.

Full Engagement Training

Full Engagement Training ranges from 3 to 9 hours. Many companies initially choose the first 3-hour course, as it gives a good overview and introduction to mindfulness and values tools. Some companies choose 6 or 9 hours, and interact with subsequent sessions soon after the first.

Others wait a period of time before re-engaging with later courses. Either way all courses are effective, and can incorporate either new or former group members.

FET can be used alone or in conjunction with other programs for leadership and management meetings, to enhance performance, for learning and development programs, during organizational change, team development or onboarding and integration.

Service Rates

Individual Coaching and Counseling

- 50-min session: ¥20,000

Group Coaching

- 2 participants (90-min session): ¥30,000
- 3-4 participants (90-min session): ¥40,000
- 5-8 participants (90-min session): ¥50,000

Full Engagement Training

Per 3-hour course

- 1-10 participants: ¥30,000 per person
- 11-20 participants: ¥20,000 per person
- 21+ participants: ¥15,000 per person

Workshops

16 Type & Values Alignment Workshop

In this experiential training, MindBridge partners with Harumi Gondo, a 16 Type personality expert, to help participants better understand how personality and values shape motivation, communication, and decision-making at work and in life. Pricing for this 2-hour course is ¥20,000 per participant.

Magic and Mindfulness Workshop

For this virtual engagement session, David Price and master magician David John explore the connections between magic and mindfulness. Both phenomena rely on attention, perception, and awareness, are therapeutic, and relieve stress. We will touch upon these themes as we intersperse magical demonstrations with mindful activities. Pricing for this 1-hour course is ¥10,000 per participant.

Client Success Stories

"The balance between reflection, discussion, and practical exercises kept everyone involved and focused throughout. My team has mentioned to me learnings from the training, such as noticing thoughts and feelings and how they affected them, and being more aware of their team relationships and dynamics."

Ryan Yasunari | Founder & CEO | Envision RPO

Client Success Stories

"The session struck an excellent balance between insight and application, giving the team skills they could use both at work and in daily life. It was thoughtful, accessible, and highly impactful."

Anna Konishi | HR | Cisco Systems Japan

"We left the sessions feeling clearer, calmer, and more intentional about how we work. It was time well spent and something I'd recommend to any organization looking to support sustainable performance."

Samuel Griffiths | Country Manager | ERSG

"Participants came away with greater self-awareness and a useful shift in perspective...recognizing thoughts as objects rather than facts. The exercises gave strong reinforcement to the theory. The mix of individual reflection, pair work, and group discussion also made it a surprisingly effective team-building experience."

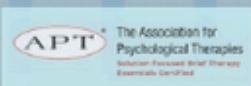
David Sweet, Ph.D. | Founder & CEO | FocusCore

"It was a valuable opportunity to better understand our teammates' values, helping us collaborate more effectively. We have also been able to apply some of the mindfulness techniques introduced, which have had a positive impact in our daily work."

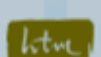
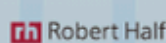
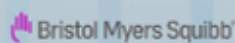
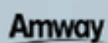
Kozue Oka | Executive Director | NPO Mirai no Mori

Professional Certifications

- Masters of Science in Clinical Mental Health Counseling
- Acceptance and Commitment Therapy (ACT) in Action
- Cognitive Processing Therapy
- Mindfulness Based Stress Reduction
- Psychological First Aid
- Solution Focused Brief Therapy
- Licensed Mental Health Counselor, Washington State, USA



Selected Client List



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