# ****FAST FACTS****

# IMG_0849

**melissa marks garner**

* Licenced Professional Counselor
* Certified Yoga Instructor
* Meditation Expert
* Master’s in Art Therapy and Creativity Development from Pratt Institute

**Founded**

2005

**LOCATED**

4100 Spring Valley Road

Suite 902

Dallas, TX 75244

p) +1 (214) 986-5101

f) +1 (214) 272-9533

e) [info@melissamarksgarner.com](mailto:info@melissamarksgarner.com)

w) [melissamarksgarner.com](http://melissamarksgarner.com)

**follow uS**

**[](https://www.facebook.com/MelissaMarksGarnerCorporateWellness) [C:\Users\Stacey Kaplan\Desktop\linkedin.png](https://www.linkedin.com/in/melissa-garner-714b0aa)** [](https://twitter.com/MelissaMGarner?status=Reading%20-%20http:/your-website-url.com/)

**Read our blog**

<http://melissamarksgarner.com/blog>

**WHO WE ARE**

With a focus on Fortune 500 companies, c-level executives and professional athletes, we provide mindfulness training with licensed professional counselor and mindfulness meditation expert, Melissa Marks Garner.

**what is mindfulness?**

Mindfulness, as defined by Dr. Jon Kabat-Zinn, is paying attention in a particular way; on purpose, in the present moment and nonjudgmentally.

Melissa likes to describe mindfulness as living in the moment, when someone is actively attentive on the present, and can observe their own thoughts without judging them as good or bad.

**WHY INCORPORATE MINDFULNESS?**

Mindfulness meditation provides a distinct competitive advantage. It is the best kept secret of next-level busness leaders and professional athletes, allowing them to harness their drive to perform, while maintaining their ability to stay calm and present.

It is critical to stay calm under fire when you’re making a difficult decision, feeling business or athletic performance pressure, or finding a creative solution to challenging problem.

**programs we offer**

Since starting her mindfulness practice in 1997 and teaching to others in 2005, Melissa provides her clients with:

* + Initial consultations
  + Assessment and customized performance plans
  + Corporate wellness programs
  + Guided meditations
  + Individual and group sessions (in person or via technology)

These programs are appropriate for:

* + Corporate executives
  + Professional athletes
  + Company meetings
  + Retreats
  + Conferences
  + Keynote speaking opportunities

**What are the benefits?**

The benefits of practicing mindfulness are to develop coping skills that last a lifetime. Our programs are proven to:

* Decrease stress, anxiety, depression, aggression or other psychological distress
* Enhance mental health and functioning
* Increase emotional regulation and self-control
* Increase focus and attention
* Enhance resilience and performance
* Reduce symptoms of burnout and/or turnover
* Enhance job performance

# ****Interesting statistics****

# 

* **22% of companies offer meditation training at work; 21% plan to offer it by the end of 2017** (source: National Business Group on Health (NBGH) and Fidelity Investments
* **1 in 3 Americans report being stressed on the job** (source: American Psychological Association’s 2016 Work and Well-Being Survey)
* **Workplace stress costs U.S. businesses $300 billion dollars annually due to increased absences, turnover, diminished productivity, medical, legal and insurance expenses and workers comp**
* **Companies recognize that employees mental health is directly tied to performance**

**LOCATED**

4100 Spring Valley Road

Suite 902

Dallas, TX 75244

p) +1 (214) 986-5101

f) +1 (214) 272-9533

e) [info@melissamarksgarner.com](mailto:info@melissamarksgarner.com)

w) [melissamarksgarner.com](http://melissamarksgarner.com)

**follow uS**

**[](https://www.facebook.com/MelissaMarksGarnerCorporateWellness) [C:\Users\Stacey Kaplan\Desktop\linkedin.png](https://www.linkedin.com/in/melissa-garner-714b0aa)** [](https://twitter.com/MelissaMGarner?status=Reading%20-%20http:/your-website-url.com/)

**Read our blog**

<http://melissamarksgarner.com/blog>

**Are you in it to win it?**

For athletes, mindfulness enhances one’s performance by improving their concentration, accuracy and vitality, while decreasing stress, anxiety, depression, or confidence issues. By using mindfulness meditation it allows athletes to get their head in the game, to play “in the zone”, and to put their game face on – the moment they step onto the field, ice, linx, court or mountain.

This same methodology works from the locker room to the boardroom. Leaders of companies are incorporating mindfulness throughout their organizations to help lower health costs, improve employee productivity, help personnel stay focused, and reduce stress through a combination of breathing techniques and mental relaxation.

**SOME\* OF THE companies we’ve worked with**

|  |  |
| --- | --- |
| * Beasley, Hightower, & Harris, PC | * Chambers Interiors & Associates |
| * DISD | * Dallas Regional Chamber |
| * FedEx | * Gardere Wynne Sewell, LLP |
| * HCK2 | * Hilton Hotels |
| * Lane, Gorman, Trubitt, LLC | * Marsha Clark & Associates |
| * McKinsey & Co. | * One Digital |
| * Telemundo | * Meadows Collier LLP |

\* Individual, professional athletes cannot be disclosed for confidentiality purposes.

**ABOUT MELISSA Marks Garner**

Melissa is a Licensed Professional Counselor and Certified Yoga Teacher. She holds a Master’s degree in Art Therapy and Creativity Development from Pratt Institute. She began her meditation practice in 1997. She has had the great honor of receiving teaching and meditating in the presence of His Holiness Sri Sri Ravi Shankar, His Holiness the 14th Dalai Lama, Thich Nhat Hanh, and Cealo among other spiritual teachers. She has studied Siddha Yoga, Art of Living, Sahaj Samadi, Vipassana, Mindfulness Meditation as well as other meditation traditions. She received her yoga teacher training certification from the Yoga Studio of Corpus Christi in 2005.

Melissa began giving wellness workshops and meditation trainings in 2005. She has lectured and provided meditation groups and individual sessions to thousands of individuals. She has had the great privilege of working with all types of people, all with one common goal: to reduce stress in their lives. Melissa has worked with cancer survivors, people with Post Traumatic Stress Disorder (PTSD), survivors of rape and domestic violence, people struggling with Anxiety and Depression, professional athletes, CEOs of Fortune 500 companies and those simply seeking more peace and focus in their lives.

Melissa enjoys working with businesses that care about their employees just as much as they do their bottom lines or athletes that care about their teams success as much as their own personal triumph. She works with indivduals new to meditation, as well as those who wish to deepen their existing practice. Her ideal client is anyone who wants to maximize efficiency, create a culture where self-care and success go hand in hand, and ultimately make their work or team environment a place of fulfillment for those involved.