

CASE STUDY – Semasio

[Semasio](#) is a leading global digital marketing advertising technology specialist. Wellbeing is top of mind for the international team. Mindfulness was high on the agenda in 2020 due to the ongoing lockdown causing stress to their employees.

Semasio took part in a 6 week mindfulness course with Volker Ballueder, [Ballueder Partners](#), at the end of 2020, and then continued throughout Q1/2021 with weekly mindfulness group coaching sessions.

Results Semasio

- The majority of participants started meditating 5-10 minutes per day after the course
- 20% of participants felt less stressed and overwhelmed after the initial 6 week course
- Happiness and Wellbeing improved
- Relationship at work improved significantly
- 10% more employees rated their creativity in the upper scale



With the ongoing uncertainty around lockdown across our office locations in Europe, we opted to try Ballueder Partners' mindfulness in the workplace course.

It helped us as a team to get closer together, understand how we can combat stress and avoid burnout. The follow on course really made it stick, and influenced our culture positively.

Volker's extensive experience in the area of mindfulness, coaching, and his in depth knowledge of neuroscience helped to get the team motivated to try it out by themselves.

Anna Schenk
MD EMEA

"60% of absenteeism was associated with stress. Work stress particularly leads to burnout."
[AIS](#)

Mindfulness In the Workplace



I really enjoyed the mindfulness sessions on a weekly basis in order to relax and focus better.

Participant, Semasio



Mindfulness helped me a lot to open up my inner potential, to focus better and to be more clear and confident.

Thanks for making mindfulness part of my new routine.

Participant, Semasio



Tailored programmes available
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