



MSC BENEFITS *for* EMPLOYEES

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How Mindful Self-Compassion in the workplace
benefits employee health and productivity.





How Mindful Self-Compassion Leads to Success

Research consistently supports that mindful self-compassion has profound benefits for both the workplace and employees. Numerous studies have shown that cultivating self-compassion leads to improved well-being, being more proactive, increased job satisfaction, and decreased stress among employees.

The Proven Power of Mindful Self-Compassion

The Center for Mindful Self-Compassion (CMSC) is a nonprofit founded in 2012 by Dr. Chris Germer and Dr. Kristin Neff, the developers of the Mindful Self-Compassion (MSC) program. CMSC is the global leader in self-compassion training and practice. The Center offers authorized mindful self-compassion training, certifies teachers internationally, and develops customized programs. Through online and in-person public programs, workshops, and professional training, we create a world that is kinder, healthier, and more enjoyable for all.



Center for Mindful
Self-Compassion

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CMSC offers convenient access to courses and wellbeing practices, along with pricing that matches your company's needs. We also offer customized messaging to share with your employees about these MSC Benefits.





What Companies/Organizations Get From CMSC

- Team of experts to support implementation and engagement of CMSC courses with your employees
- Customer support for all employees who are current or past students in CMSC courses/workshops
- Simplified billing and payments
- Quarterly reports from CMSC on employee engagement and satisfaction

What Your Employees Get

- Amazing customer support from CMSC staff
- Free online meditations available anytime
- Free Circles of Practice led by Certified Mindful Self-Compassion Teachers
- Research-based practice of self-compassion techniques that lower levels of burnout and foster a supportive inner dialogue. Employees learn to treat themselves with kindness, to be able to bounce back from setbacks and maintain a positive outlook, ultimately leading to greater overall well-being.



Pricing

Our MSC Benefits Package for businesses, healthcare organizations, educational institutions, and associations is based on number of users on an annual billing cycle. CMSC is a 5013c so if your organization would prefer to make a donation we have custom packages developed based on contribution as well.

Each employee will get a customized code to use towards any one public course or workshop run throughout the year at their convenience*.

*Participants are asked to take a brief pre-screening questionnaire at the time of enrollment; in rare cases our certified teaching staff reserves the right to refuse entry into class if there are concerns that the class does not fit the mental health needs of the participant. Refunds will be provided in such cases.

Employee Group:

0-25 Employees:
\$50 per user/per month
billed annually

26-100 Employees:
\$45 per user/per month
billed annually

100+ Employees:
Customized Pricing Available

Contact

If you are interested in learning more, or would like to start the process of signing up for MSC Benefits for Employees please contact

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