

## In a Nutshell

**INDUSTRY:** Financial Services

**COMPANY:** Flagstone

**COMPANY SIZE:** Medium

**SERVICE USED:** Meditation

**FREQUENCY:** Weekly

**MEDIUM:** Online

**EMPLOYEES LOVE:** Exploring different Meditation styles helping tune into the present moment

# FLAGSTONE

THE SMARTER CASH PLATFORM

## Challenge

Investment Management firm Flagstone contacted My Method wanting to establish a comprehensive Wellbeing strategy for their team of 125, launching during Stress Awareness Month.

The main driver behind implementing this programme was to help alleviate stress and anxiety across the team which had become a concern since working remotely in addition to all the uncertainty and change to follow.

## Our Tailored Solution

My Method worked with the Flagstone HR team to create a specialised Meditation programme, incorporating different Meditation techniques from Visualisation, Compassion & Kindness, Mindful Movement and Breathwork to shift unhelpful thought patterns.

We developed a regular Friday Meditation series at the start of the working day, helping the team regain a sense of control and balance tuning into the present moment.



**Favourite Meditation:**  
Compassion & Kindness



**Relaxation Score:**  
98%



**Meditation converts:**  
100%



Amazing! My Method were fantastic and accommodating during our recent partnership. Imogen ran amazing meditation sessions remotely for our staff and we got some amazing feedback. Thank you!

**Eloisa Gee**  
People Operations Assistant  
Flagstone