

Mindfulness is an important trend that businesses are paying attention to. Big companies offer, for example, yoga and meditation rooms for their employees.

The magazine *Young Professionals* is looking for articles on this topic. You have decided to write an article for the magazine.



Mindfulness means paying full attention to something.  
It means slowing down and focusing on what you are doing in a relaxed way.

In your **article** you should:

- highlight the benefits of mindfulness at work
- discuss disadvantages of practicing relaxation techniques at work
- suggest other strategies to promote a positive working environment

Give your article a **title**. Write around **250 words**.

**Notes (these will not be marked)**

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Übertragen Sie diese Formatvorlage auf Ihren Schreibbogen.

## Article

Title:

Starting time:

Finishing time:

Number of words: