



**GRENOBLE  
ECOLE DE  
MANAGEMENT**

TECHNOLOGY & INNOVATION

# MINDFULNESS, WELL-BEING AT WORK AND ECONOMIC PEACE RESEARCH CHAIR



## PARTICIPATE IN A VALUE-CREATING HUMAN ECONOMY.

The Mindfulness, Well-Being at Work and Economic Peace Chair aims to develop knowledge, practices and training programs centered on well-being at work, the personal development of managers, new methods and perspectives for management and understanding new governance models. By building on the highest human values, the chair works to create and share sustainable wealth so that companies and social peace may flourish.

### SPONSORSHIP PHILOSOPHY

How can we speak of economic peace when our world has made profit the end goal? Financial success should only be a means to an end.

To support this profound conviction, we created the Mindfulness, Well-Being at Work and Economic Peace Chair, which is funded by a foundation under the aegis of the "Fondation de France." The chair is based on cooperation and sharing in order to promote collaborative relationships between its partners without creating commercial ties.

Contributions by partners and Grenoble Ecole de Management enable the chair to support research projects and promote young researchers. This collaborative relationship is based on trust and mutual progress.

### AREAS OF RESEARCH

#### ► Mindfulness, well-being and management

Understand how mindfulness works, its possible applications in companies and its impact on well-being, managerial relationships and wealth creation.

#### ► Stress, well-being and performance at work

Develop knowledge and practices to help individuals, managers and organizations manage stress prevention, including dimensions such as well-being at work and performance.

#### ► Education for economic peace

Prepare for a paradigm shift by creating a model that aims for economic peace and relies on the highest human values to guide its strategic choices and actions.

- Contribute to major social progress
- Participate in a practice-oriented community
- Enable high quality research
- Publish research and publications for widespread audiences
- Participate in management training
- Organize conferences for professionals

#### CONTACT

Caecilia VON HILDEBRAND  
+ 33 4 76 70 64 81  
caecilia.von-hildebrand@grenoble-em.com

[WWW.MINDFULNESS-AT-WORK.FR](http://WWW.MINDFULNESS-AT-WORK.FR)





**BOOKS**



**ARTICLES**



**TRAINING COURSES**

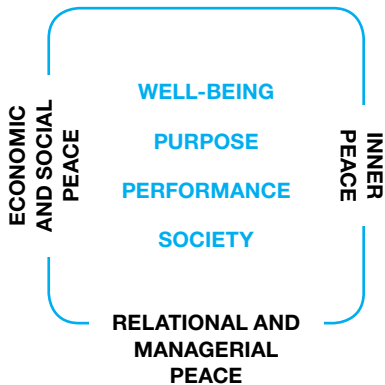


**HUMAN VALUES AT THE HEART OF THE SYSTEM**

Companies must be guided by a systemic multidisciplinary vision. Through personal development and improved management, employees develop greater insight and attach more meaning to their actions. This also encourages healthy and effective interpersonal relationships.

Such evolutions in collective and managerial practices lead to an organizational culture in which performance is achieved thanks to successful collaborative work.

If an economy can base its goals on human values, this will in turn give individuals and teams the motivation and meaning they seek.



**AN ALTERNATIVE APPROACH TO MANAGEMENT**

When faced with the increasing demands of our business environments, mindfulness can be a valuable resource. It not only helps us manage uncertainty, but also reinforces engagement and solidarity.

As a result, the Rhônes-Alpes Center for Young Managers (*Centre des Jeunes Dirigeants*) is involved in a study designed to test how we can:

- ▶ develop kindness and happiness,
- ▶ improve listening,
- ▶ improve decision-making,
- ▶ focus on operational issues.

“When faced with a major challenge, mindfulness allows me to be closer to reality instead of simply reacting to it.”

**ANTOINE CROS**  
CEO  
Etablissements André CROS

“Our employees are our greatest asset. Our long term economic success is dependent on their well-being at work and this means finding a balance between kindness and the demands of the job.”

**LAURENT MONCE**  
Managing Director  
e2v Semiconductors

**SLOWING DOWN FOR AN ALTERNATIVE ECONOMY**

Current socio-economic and environmental challenges highlight the limitations of our current economic model which is based primarily on continuous growth and profits and treats factors such as inequality, suffering and well-being at work solely as adjustment variables.

Research projects on economic peace integrate and work on various perspectives such as:

- ▶ promoting collaboration,
- ▶ training future managers,
- ▶ encouraging slow management,
- ▶ thinking in terms of a positive economy.

**FINANCIAL PARTNERS**

ARaymond - Böllhoff - Udimec - MMA  
HPE - Alixio - e2v - Guichon Valves  
ETS André CROS - Sodexo  
Milestone Investisseurs

**ACADEMIC PARTNERS**

LIP/PC2S Univ. Grenoble Alpes  
IRBA - MSH Alpes  
CMRP Bangor University



**GRENOBLE  
ECOLE DE  
MANAGEMENT**  
TECHNOLOGY & INNOVATION

une école  
**CCI GRENOBLE**



MEMBRE FONDATEUR  
**GIANT**  
EDUCATION CAMPUS

12, rue Pierre Sémard - BP 127  
38003 Grenoble Cedex 01 - France  
+33 4 76 70 60 60  
info@grenoble-em.com  
64/70, rue du Ranelagh  
75016 Paris – France  
**grenoble-em.com**