CONFIDENTIAL | PREPARED FOR CORPORATE PARTNERS

Workplace Mindfulness Program

Participant Outcomes & Program Survey Report 2024 & 2025

Presented by

Buddha Meditation Center of Greater Washington DC

Mahamevnawa Meditation Monastery

Survey Period

2024 – 2025 (114 total responses)

Prepared for

Human Resources & Employee Wellbeing Teams

01 / OVERVIEW

Executive Summary

The Buddha Meditation Center of Greater Washington DC (BMC) is a leading provider of mindfulness meditation programs across the DC, Maryland, and Virginia region. For over a decade, BMC has delivered evidence-based mindfulness programs to individuals of all backgrounds — including through direct partnerships with businesses, schools, and community organizations.

This report summarizes participant outcome data collected through independent program evaluation surveys conducted in 2024 and 2025, encompassing 114 total responses. The findings demonstrate consistently strong wellbeing outcomes across multiple mental health dimensions relevant to workforce productivity, engagement, and retention.

> **Key Finding:** 100% of program participants across both survey years reported positive program experiences, with measurable improvements in stress, anxiety, mood, relaxation, and overall happiness following program attendance.

BMC offers scalable, flexible program formats suitable for corporate wellbeing initiatives — from single-session introductory workshops to multi-day retreats — delivered by trained Buddhist Monks with over a decade of community program experience.

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02 / THE BUSINESS CASE

Workplace Stress Is a Measurable Business Problem

Stress, anxiety, and burnout in the workforce are not simply individual challenges — they carry direct organizational costs through reduced productivity, absenteeism, healthcare expenditure, and attrition. National data highlights the scale of this issue:

49%

of Americans frequently experience stress in daily life

Source: Gallup

30%

of Americans experience an anxiety disorder at some point in their lives

Source: NIMH

29%

of Americans have been diagnosed with depression at some point in their lives

Source: Gallup

Chronic stress, anxiety, and depression are clinically linked to increased risk of cardiovascular disease, diabetes, stroke, chronic pain, and cognitive decline — conditions that directly affect workforce availability and healthcare costs.

Research-Backed Solution: Peer-reviewed studies published by the NIH, APA, and JAMA Psychiatry confirm that regular mindfulness meditation practice reduces stress, anxiety, anger, and depression — with outcomes comparable to pharmacological interventions for anxiety disorders in some populations.

Sources: Ginexi, Quinlan & Shurtleff, NIH (2022); Hoge et al., JAMA Psychiatry (2023); Creswell & Khoury, APA (2019)

03 / SURVEY RESULTS

2024 & 2025 Program Evaluation Findings

Independent program evaluations were conducted following BMC programs in both 2024 (50 responses) and 2025 (64 responses). The surveys measured participant experience, mental health and mood outcomes before and after attendance, program quality, and likelihood of continued participation and referral.

Overall Participant Experience

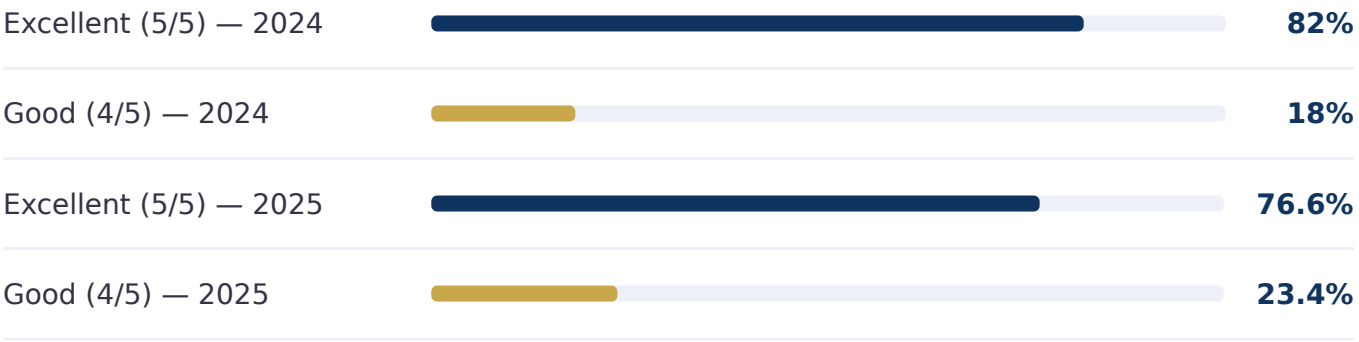
100%

of participants reported a **positive overall experience** in both 2024 and 2025

100%

stated they would **attend again or consider attending again**, and would recommend the program to others

Experience Ratings — Breakdown



Likelihood to Return & Recommend

METRIC	2024 RESULT	2025 RESULT
"Definitely Will" attend again	66%	68.8%
"Likely" to attend again	26%	26.6%
"Definitely Will" recommend to friends, family, or co-workers	78%	74.6%

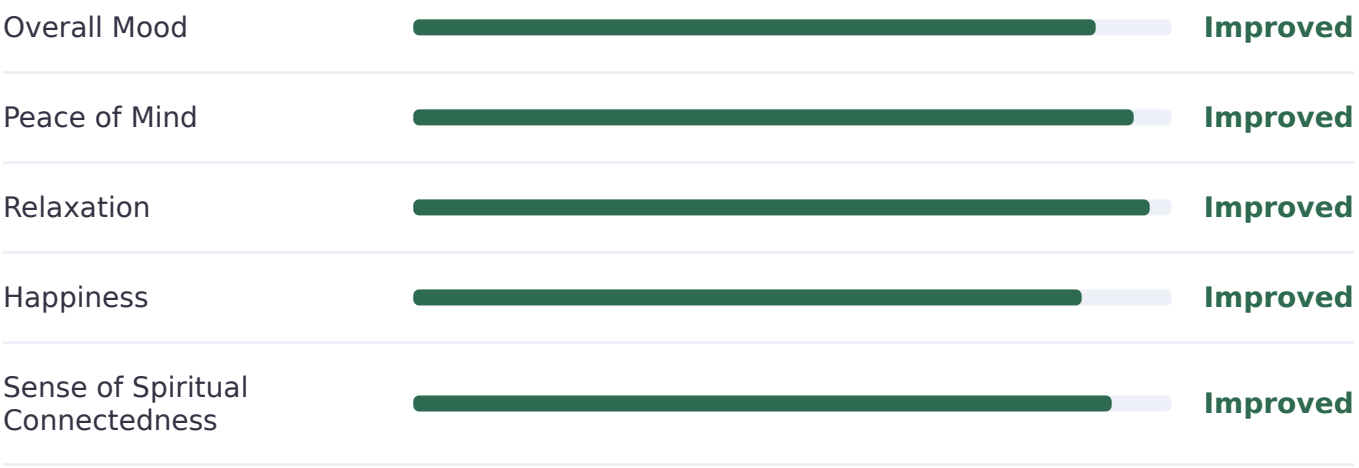
METRIC	2024 RESULT	2025 RESULT
"Likely" to recommend	20%	20.6%

Measurable Mental Health & Mood Improvements

Participants self-reported their levels of positive and negative emotional states both before and after attending BMC programs. In both survey years, the data shows a consistent and meaningful shift toward improved wellbeing across all measured dimensions.

Positive Emotion Gains (Before vs. After)

The following dimensions showed clear upward shifts after program attendance — with "Excellent" ratings increasing and lower ratings decreasing:



Reduction in Negative Emotional States (Before vs. After)

Across both years, participants reported meaningful reductions in all measured negative emotional dimensions following program attendance:

DIMENSION	DIRECTION OF CHANGE	WORKFORCE RELEVANCE
Stress	Decreased	Reduced burnout risk; improved focus and decision-making
Anxiety	Decreased	Enhanced composure in high-pressure environments
Depression / Sadness	Decreased	Improved engagement and absenteeism outcomes
Anger	Decreased	Better interpersonal dynamics and team cohesion

Workforce Implication: The wellbeing dimensions measured in BMC's surveys map directly onto key HR metrics — reduced stress and anxiety translate to lower absenteeism and healthcare utilization; improved mood and relaxation support employee engagement; and reduced anger directly impacts team dynamics and workplace conduct.

Program Leadership & Delivery Quality

In both 2024 and 2025, 100% of participants reported positive experiences with program leadership and organization across all evaluated dimensions:

- Leadership Quality
- Organization & Logistics
- Clarity of Instructions
- Inclusiveness
- Approachability of Facilitators
- Facilitator Kindness
- Comfort
- Community & Connection
- Accommodation

05 / CORPORATE PROGRAM OPTIONS

Tailored Program Formats for the Workplace

BMC offers flexible, scalable program formats that can be delivered on-site at your organization, at BMC's monastery facilities, or online. All programs are facilitated by trained Buddhist Monks and are fully inclusive — open to participants of any religion, background, or prior meditation experience.

Workplace Mindfulness Session (1–2 Hours)

Introductory guided mindfulness meditation session. Ideal for team wellbeing days, lunch-and-learn formats, or one-off events. Covers breathing techniques, stress reduction, and focus training. Deliverable on-site or online.

Recurring Mindfulness Program (Weekly / Bi-Weekly)

Structured ongoing meditation sessions for employee groups. Builds consistent practice over time. Available Tuesday, Wednesday, and Saturday sessions at community or corporate venues, plus Thursday online sessions.

Day-Long Meditation Retreat

A full-day immersive mindfulness and meditation experience at BMC's monastery in the greater Washington DC area. Includes guided sessions, silent reflection, dharma discussions, and meals. Highly rated by participants — consistently receiving the highest program satisfaction scores.

Weekend Meditation Retreat (2-Day)

Extended retreat experience offering a deeper exploration of mindfulness practice. 87.7% of 2025 survey participants expressed interest in attending 2-day retreats, reflecting high demand for extended formats.

Stress Relief Meditation (Online)

Dedicated online stress relief meditation session — accessible to remote or hybrid workforces. Runs Thursday evenings and is open to employees across geographies.

Note on Interest in Extended Programs: Among 2025 survey participants, 87.7% expressed interest in 2-day retreats, 63.2% in 3-day retreats, and 36.8% in 5-day retreats — indicating strong appetite for deeper engagement beyond

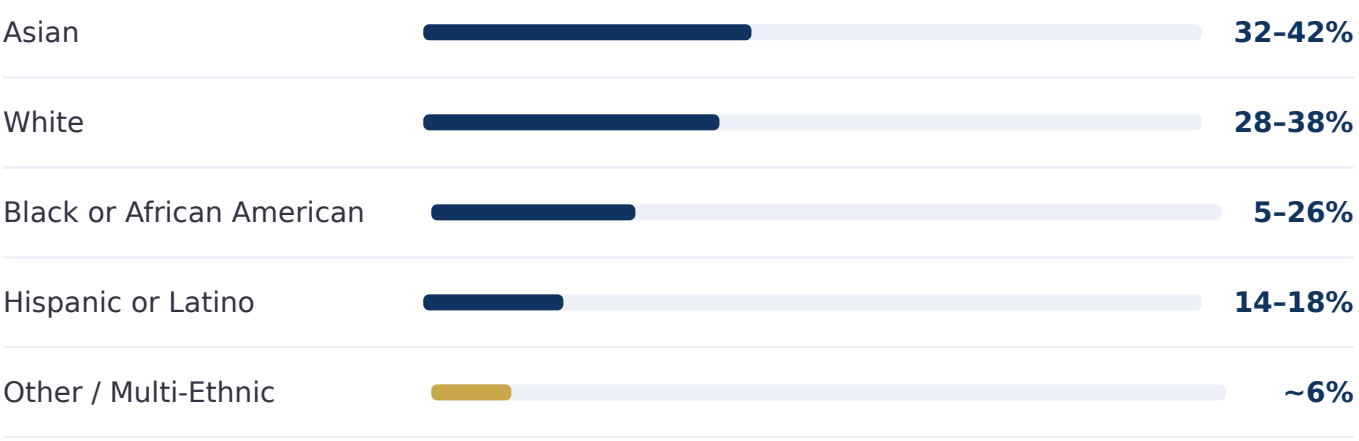
introductory sessions. Multi-day corporate retreat packages are available upon request.

06 / PARTICIPANT DIVERSITY

Inclusive Programs That Reflect Your Workforce

BMC's programs are non-denominational and welcoming to all. Survey data from both years demonstrates wide demographic diversity among program participants — relevant for organizations with DEI commitments and multi-cultural workforces.

Racial & Ethnic Diversity (2024 & 2025 Combined)



Religious Background

Programs attract participants across a wide spectrum of faith traditions and none — demonstrating BMC's secular mindfulness approach that is accessible regardless of personal belief:

- **37–44%** Spiritual (non-denominational)
- **17–27%** Christian
- **13–27%** Buddhist
- **14–18%** Hindu
- **13–14%** Agnostic
- **3–5%** Atheist
- Jewish, Muslim, Sikh & others

Age Distribution

Programs attract participants across working-age demographics, with the highest representation in the 25–54 range — directly aligned with core workforce populations:

- **~35%** Ages 35–44
- **~25–29%** Ages 45–54
- **~19–26%** Ages 55–64
- **~10–13%** Ages 25–34

Commitment to Serving Marginalized Communities

BMC is committed to accessibility and inclusion. In both survey years, approximately half of participants who identified their background represented marginalized

communities — including racial/ethnic minorities, individuals with disabilities, religious minorities, and LGBTQ+ individuals.

> **DEI Alignment:** For employers seeking wellbeing programs that genuinely serve a diverse workforce, BMC's track record of inclusion and broad community reach makes it a strong organizational fit.

07 / PARTICIPANT VOICES

What Participants Say

The following are direct, unedited quotes from program evaluation surveys completed by participants in 2024 and 2025:

> *The Monks are very kind and create a truly calm and tranquil environment. I feel so much peace and calmness after attending your programs. Your guided meditations have helped me get through very stressful times in my life.*

> *Attended the all day retreat. It was transformative. I highly recommend it to anyone who is looking for peace in their life and a happy mindset. In this one day you are given the tools to learn how to use meditation to change your life.*

> *Being in the presence of Buddhist monks and learning about it without any pressure or mention of converting was my favorite. There's such a peaceful energy there — I look forward to disconnecting from daily stressors every Sunday.*

> *The welcoming atmosphere. Everyone from the monks to the volunteers had such peaceful energy that before we even started I felt a sense of calm by proximity.*

> *Helps me finding inner peace and be mindful of thoughts.*

> *I really appreciate all your efforts, time and dedication to serve others through these events! It's commendable and a blessing to be a part of such beautiful experiences.*

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08 / ABOUT THE ORGANIZATION

About Buddha Meditation Center of Greater Washington DC

The Buddha Meditation Center of Greater Washington DC is part of the global Mahamevnawa Buddhist Monastery network, founded in 1999 in Sri Lanka. With over 70 branches worldwide across the US, Canada, UK, Australia, and Europe, the network supports more than 1,000 monks and tens of thousands of lay practitioners.

The BMC Washington DC chapter has been actively serving the DC, Maryland, and Virginia community since 2013 — over a decade of consistent program delivery. Programs are provided voluntarily by trained Buddhist Monks and are offered at no cost or low cost to participants, reflecting the organization's nonprofit, community-service mission.

Est. 2013 in the DMV Area

10+ Years of Program Delivery

70+ Global Monastery Branches

1,000+ Monks Worldwide

Nonprofit • Community-Led

GET STARTED

Partner with BMC for Your Workplace Wellbeing Program

BMC welcomes partnerships with HR and employee wellbeing teams across the Washington DC, Maryland, and Virginia region. Whether you are exploring a one-time mindfulness session, a recurring program, or a corporate retreat, our team is available to discuss a format that fits your organization's needs and workforce.

All programs are delivered by experienced Buddhist Monks. No prior meditation experience is required. Programs are non-denominational and open to all employees regardless of background.

Website: buddhameditationdc.org

Service Area: Washington DC • Maryland • Virginia

Online Programs: Available nationwide