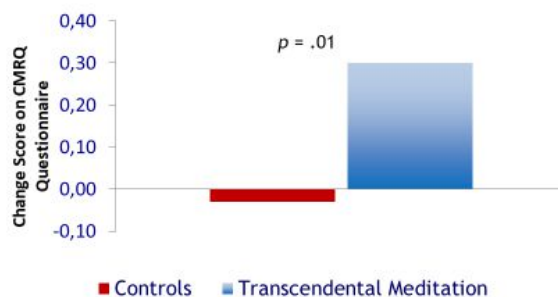


## Maximale efficiëntie op de werkvloer

**Study of executives and workers in two companies in the US automotive industry; longitudinal study before and after three months compared to controls not learning the practice.**

Alexander CN, Swanson GC, Rainforth MV, Carlisle TW, Todd CC, Oates RM. Effects of the Transcendental Meditation program on stress reduction, health, and employee development: a prospective study in two occupational settings. **Reference:** *Anxiety, Stress, and Coping* 1993 6:245-262.

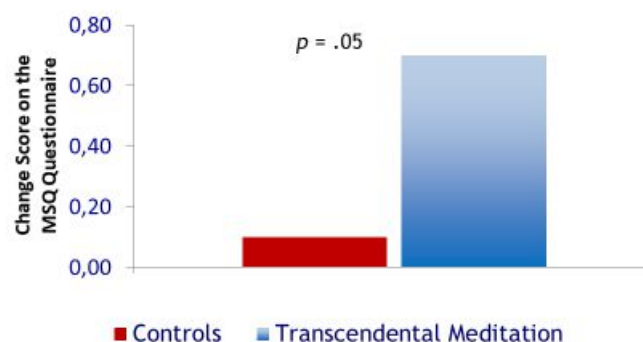
### Increased Employee Effectiveness through the *Transcendental Meditation* technique



A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation technique, participants showed increased effectiveness, in comparison to controls from the same work sites

**Reference:** *Anxiety, Stress and Coping: An International Journal* 6: 245–262, 1993.

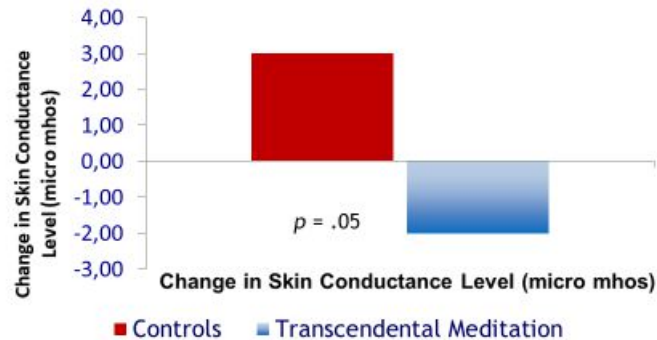
### Improved Work and Personal Relationships through the *Transcendental Meditation* technique



A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation technique, participants showed improved work and personal relationships in comparison to controls from the same work sites.

**Reference:** *Anxiety, Stress and Coping: An International Journal* 6: 245–262, 1993.

## Decreased Stress during Task Performance through the *Transcendental Meditation* technique



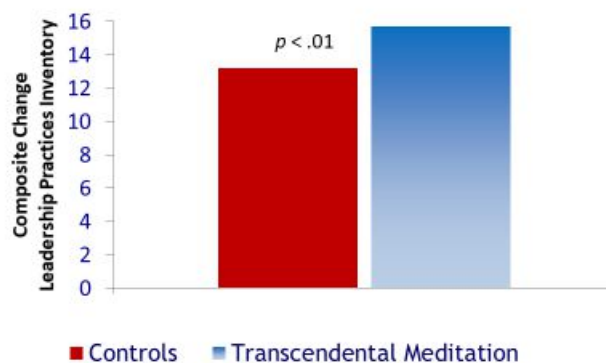
A study of executives and workers in the automotive industry found that after three months of regular practice of the Transcendental Meditation Program, participants showed decreased physiological stress (reduced skin conductance) during performance of a task, in comparison to controls from the same work sites.

**Reference:** *Anxiety, Stress and Coping: An International Journal* 6: 245–262, 1993.

**An eight-month pretest-posttest controlled study of employees in a US food service company found improvement in a composite scale of leadership among those who learned Transcendental Meditation. Chart follows. Full reference—**

McCullum B. Leadership development and self development: an empirical study. *Career Development International* 1999 4(3):149-154.

## Increased Leadership Behavior in Employees through the *Transcendental Meditation* technique



Employees of a food sales company who learned the Transcendental Meditation Program showed, over a four-month study period, significant increase in a composite scale of leadership behavior, in contrast to control employees who did not participate in the program.

**Reference:** *Career Development International* 4: 149–154, 1999.