

# WORKING BETTER – LIVING BETTER

Podio, a branch of Citrix found themselves in massive expansion due to a great product. To consciously create an effective working culture, as the organization was growing, they engaged Potential Project to design a mindfulness training program. Through 10 one hour sessions, their ways of dealing with emails, meetings, priorities and other basic work skills were enhanced, week by week.



*“In my daily work life I have come out of action addiction so instead of jumping into emails, I start the day prioritizing important tasks – and completing one of them before jumping in my inbox.”*  
Casper Fabricius, Engineering Manager

*“My way of working has definitely changed. I am more focused in each task. My role includes many people distracting me. I have learned how to choose the distractions I can refocus much easier.”*  
Dorthe Rosenbom, Office Manager

