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TALENT COLLECTIVE



# Welcome to the Collective

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A SUPPORTIVE GUIDE FOR YOUR JOB SEARCH



# Resource Library

YOUR GO-TO SOURCE FOR ALL THINGS JOB RELATED

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## Interview 101

[LAND THE INTERVIEW](#)

[5 MINDFUL METHODS TO MITIGATE INTERVIEW ANXIETY](#)

[DAY OF JOB INTERVIEW VISUALIZATION W/ TESS SLOANE](#)

## Navigating Job Offers

[JOB OFFER PERK NEGOTIATION](#)

[NAVIGATE LOWBALL OFFERS LIKE A PRO](#)

[A GUIDED MEDITATION TO PREPARE YOU FOR SALARY NEGOTIATIONS](#)

# Guided Meditations

[A MEDITATION FOR WHEN LIFE FEELS CONFUSING](#)

[A MEDITATION TO CONNECT WITH YOUR BREATH](#)

[A MEDITATION FOR FINDING YOUR PATH TO SUCCESS](#)

## You Might Find This Interesting...

[THE EXECUTIVE WOMEN'S TOOLKIT](#)

[BREATHWORK TECHNIQUES TO SUPPORT FOCUS, REDUCE STRESS AND INCREASE PERFORMANCE](#)

[BANISH THE NEW JOB JITTERS](#)

[HOW TO QUIT YOUR JOB WITHOUT BURNING BRIDGES  
– AN INTERVIEW WITH TESS SLOANE](#)

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# Discover More With Eleven Eleven Talent

Sign up for our newsletter to receive insights, global trends, and event announcements direct to your inbox. We'll send you all you need to stay in touch and aligned with what matters to you most.

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## Stay Connected



# CHAPTER TWO™

## MINDFULNESS, YOUR SILENT EDGE IN BUSINESS

Founded by Eleven Eleven's Tess Sloane & Alisha Adams, Chapter Two meditation offers mindfulness programs as a tool for leveraging high performance and efficiency in the workplace. We believe that mindfulness has the ability to heal, empower, and elevate each and every person. All of our programs honour the traditions of Eastern philosophy, but are firmly rooted in science.

### DISCOVER OUR CORE SERVICES BELOW

#### MONTH OF MINDFULNESS PROGRAM FOR CORPORATE GROUPS

Corporate meditation sessions cover four different topic areas:

- 1) Conscious Connection to Your Breath,
- 2) The Science of Meditation,
- 3) Mindfulness & Performance,
- 4) Cultivating Self-Compassion.

AVAILABILITY: Worldwide via Zoom

LENGTH: 4 weekly, 60-minute sessions over 1 month

MAXIMUM ATTENDEES: 100 employees

PRICING: Custom, please enquire

#### LUNCH & LEARN FOR CORPORATE GROUPS

A mindful workshop designed to guide your group through meditation & practical tips for mental wellness.

AVAILABILITY: Worldwide via Zoom

LENGTH: 60-minute session

MAXIMUM ATTENDEES: 100 employees

PRICING: Custom, please enquire

#### MEDITATION & MINDFULNESS PRIVATE COACHING FOR INDIVIDUALS

Our private coaching sessions cover four different topic areas:

- 1) Meditation & Mindfulness Foundations
- 2) The Science of Meditation,
- 3) Breathing Techniques,
- 4) Exploration of Self-Compassion and Kindness

AVAILABILITY: Worldwide via Zoom

LENGTH: 60-minute session

COMMITMENT: Minimum of 4 months

PRICING: Custom, please enquire

# Begin Your Meditation & Mindfulness Journey Today

Let's connect!

Reach out to discover which of our Meditation & Mindfulness offerings are best for you or your organization.

[CONTACT US](#)

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## Stay Connected



A top-down view of a workspace. In the upper left, a brown ceramic coffee cup filled with dark coffee sits on a white saucer. Below it, a silver laptop is open, showing the black Apple logo on its lid. To the right of the laptop, a certificate of appreciation is partially visible, with the words 'CERTIFICATE OF APPRECIATION' and 'I, N. CALIFORNIA' printed on it. A dark grey semi-transparent rectangle is overlaid on the center of the image, containing the text 'Thank You' and a message.

# Thank You

If you have any additional questions, please  
do not hesitate to reach out.