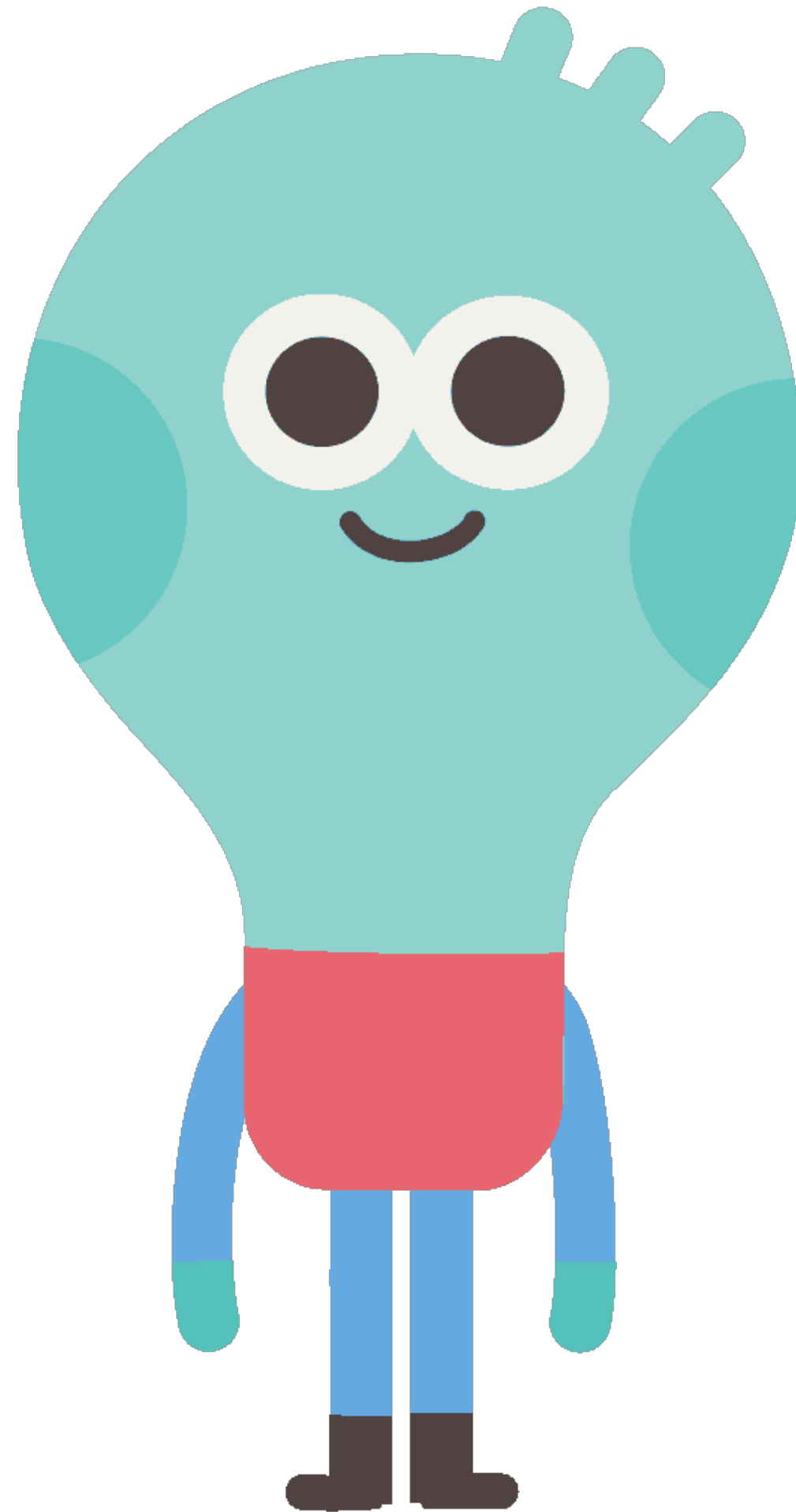


Stefanie Poschinger
Hotel Sacher

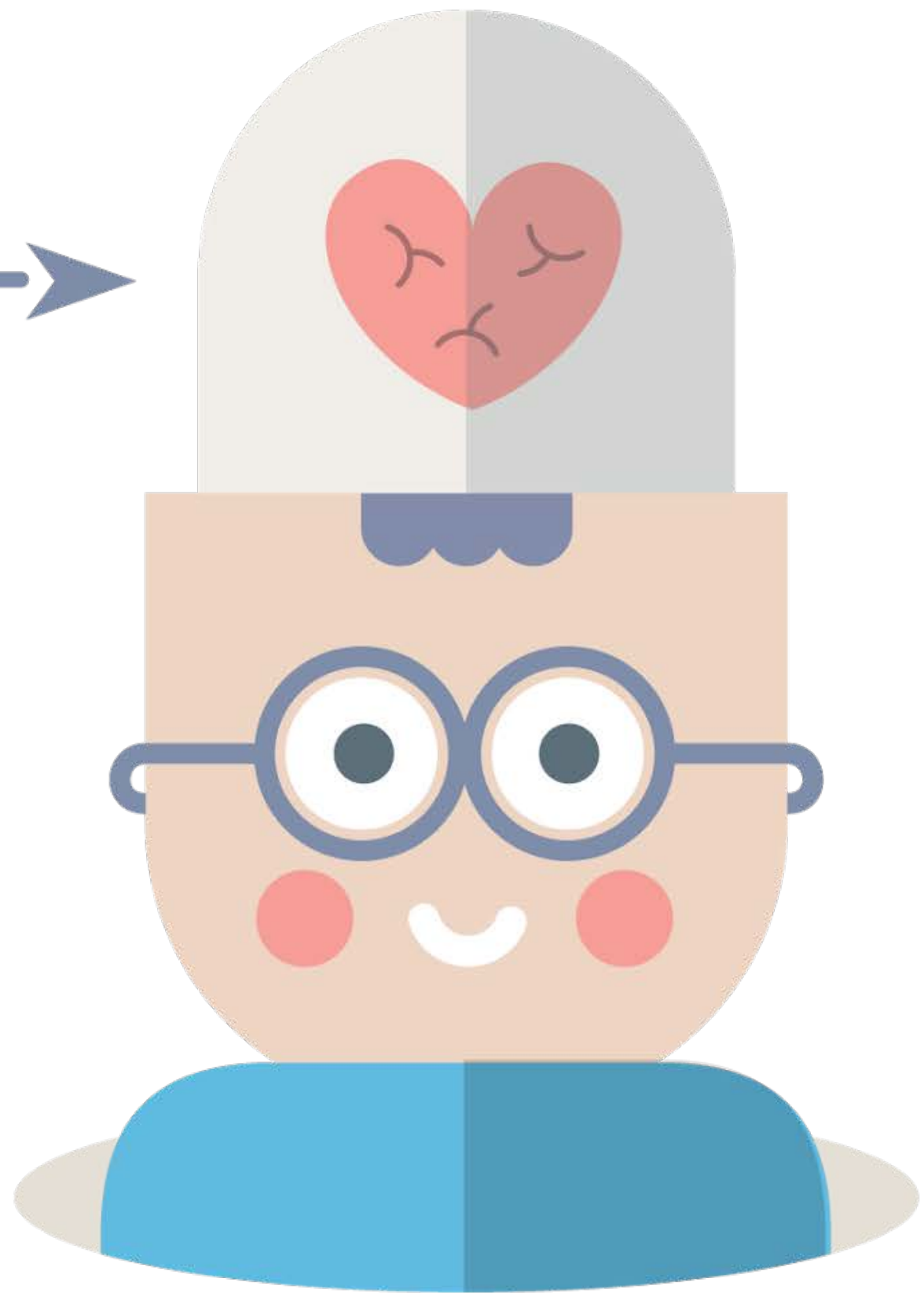
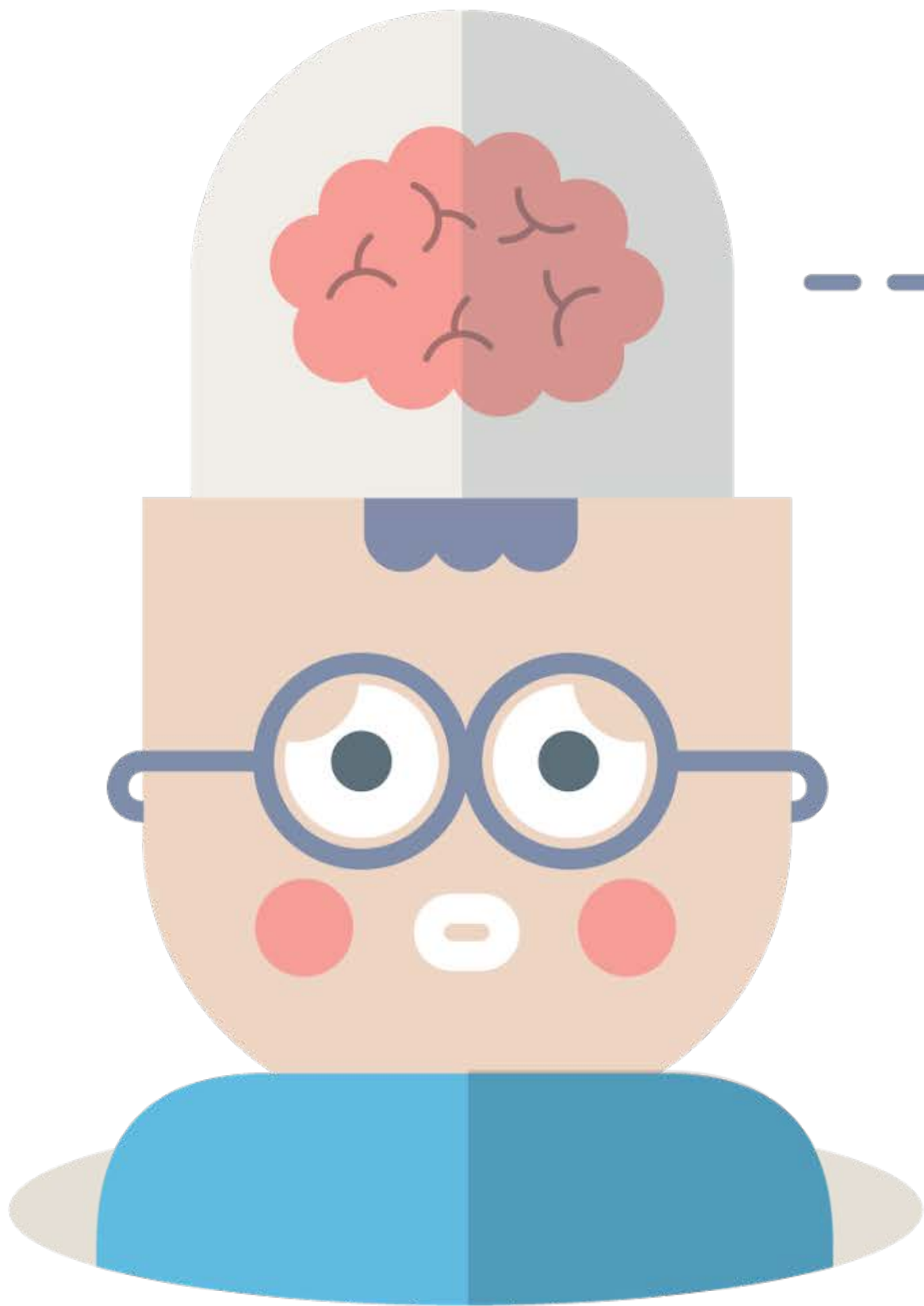


In order to continue attracting vocational apprentices and hospitality and tourism graduates, hotel companies in Austria need to adapt their strategic position to meet the expectations and needs of this target group. How can various models, such as focus on work-life balance, flexible working hours, career growth, be applied within the context of a 24/7, 365 days a year hospitality organization?





MINDFULNESS





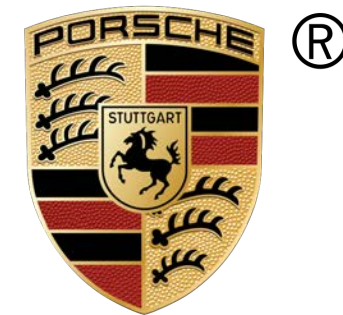
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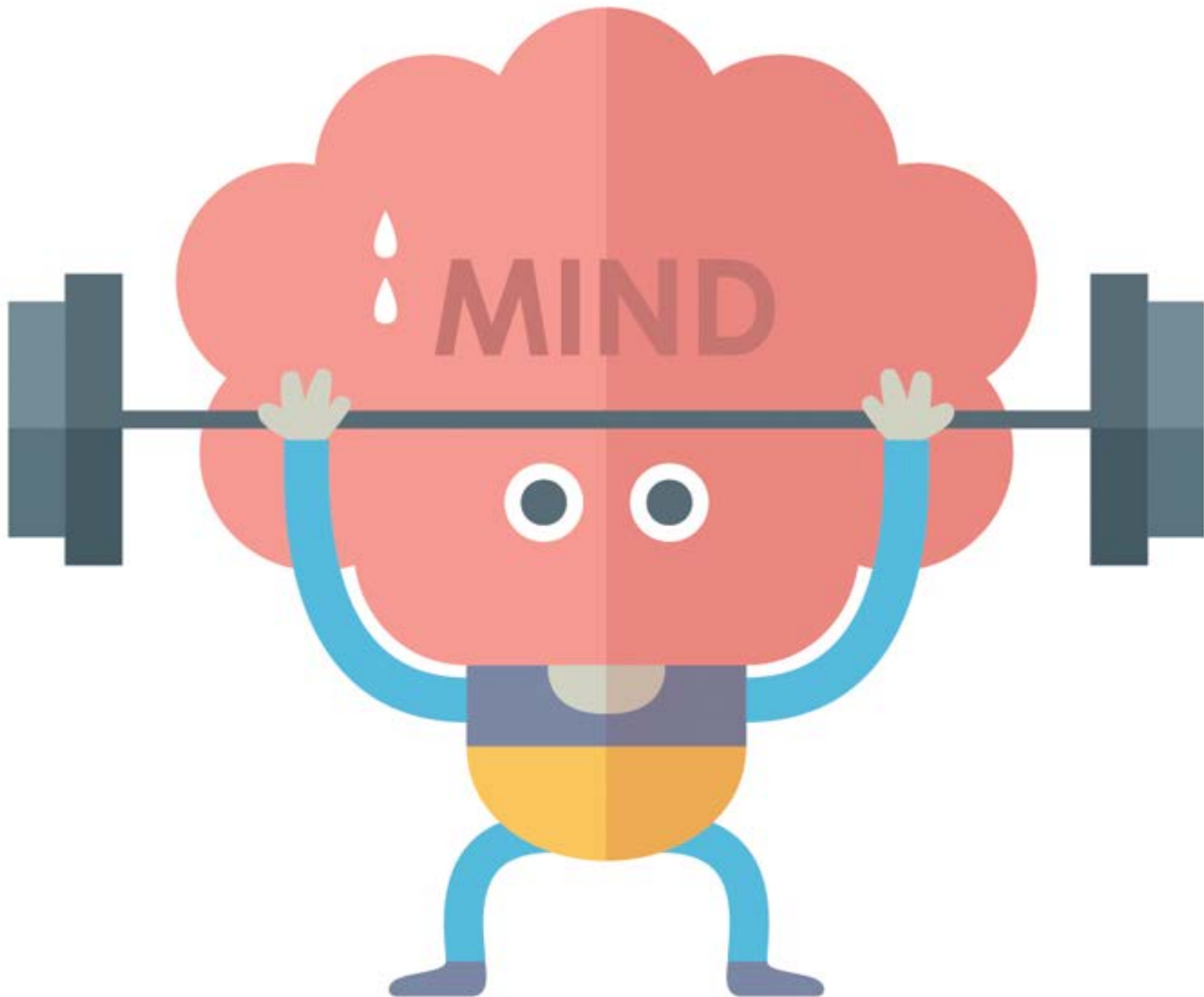
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Picture sources:

- Slide 2: <https://dribbble.com/shots/3311345-Brush-Teeth>
- Slide 4: <https://www.headspace.com/partners>
- Slide 5: <http://gph.is/2EfVvhR>
- Slide 7: <http://www.gingermag.de/headspace-meditation-to-go/>
- Slide 8: * <https://goo.gl/images/3bqYy2> * <https://goo.gl/images/kPHVo3> * <https://goo.gl/images/5SHMLG> * <https://goo.gl/images/F2yrjD> * <https://goo.gl/images/8vW9Ei> * <https://goo.gl/images/ANRMnQ> * <https://goo.gl/images/3PuM2W>
- Slide 9: <http://shaneoleary.me/blog/index.php/getting-some-headspace-my-journey-into-meditation-and-mindfulness/>
- Slide 10: <https://goo.gl/images/n2BTkC>

Please find all further references in your handout.