

# MIRAVAL Learning Journey Map

LIFE IN BALANCE®

Name: \_\_\_\_\_ Department: \_\_\_\_\_ Position: \_\_\_\_\_

## Invitation

"We invite people to live Life in Balance"

## Intention Statement

- To become the recognized source of Experiences that lead to a more inspired life
- To create a company and brand that is a model for business growth with positive social and environmental impacts - "Doing Well while Doing Good"

*What I enjoyed most about Immersion is:*

date:



IMMERSION

## MINDFULNESS

*I am mindful in my work by practicing:*



MINDFUL GUEST SERVICE TRAINING

*One of the things a Miraval Guest expects is:*

date:

*Something that I chose to do differently as a result of this experience . . .*

date:



30-DAY LANDMARK

Your Miraval Journey Starts Here

INTRODUCTION NEW STAFF ORIENTATION



*What I know about Miraval is:*

date:



*Property Tour:*

date:

*My department serves the guest through:*

date:

CONNECTIONS



# Your Learning Journey Map Continues

My job in balance

*My 9 month goals for my job are:*

*The gift I bring to my team/department is:*

date:

CONNECTIONS



90 Day Department and Property Review/Certification

*Something I will carry forward with me is . . .*

date:

CERTIFICATION PROCESS



*My monthly supervisor meetings:*

date:

date:

date:

My life in balance

*My goals for my personal life are:*

*The Guideposts on your Miraval Compass will assist with your Journey...*

-  We believe personal choice is paramount
-  We encourage mindfulness
-  We meet people where they are
-  We honor nature and support sustainability
-  We believe that life is a journey
-  We are a business with intent to grow and expand our boundaries



60-DAY LANDMARK

*What I chose to do:*

date:

*I attended a Community Meeting on:*

My Miraval Experiences

*The Miraval offerings I have participated in are:*

date:

date:

date:

*I am now prepared to continue my journey integrating what I have discovered and learned*

Check here:

I've completed the exercise in my Learning Guide