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Danish brewer Carlsberg's four-month mindfulness project among 150 employees has resulted in increased focusing capacity, less stress but no improved job satisfaction. This emerges from a study conducted by Jochen Reb, professor of Organisational Behaviour and Human Resources at Singapore Management University.

Carlsberg's CIO Kenneth Egelund Schmidt, the initiator of the mindfulness project is satisfied with the results of the project and expects it to give staff concrete tools to make them more competent and more productive.