

## Fohat innovates by supporting mental wellbeing in the workplace

*Brazilian energy intelligence company has lowered staff stress levels using mindfulness techniques*

**CURITIBA, July 17, 2019** – A global company headquartered in Curitiba (state of Paraná, Brazil) has just evidenced how supporting staff mental health has a positive impact on workplace relationships while boosting productivity. This is the case of Fohat, an energy intelligence company operating in Brazil and Australia, which has implemented regular mindfulness breaks for the staff comprised of engineers, IT, communications, marketing and other market-related professionals.

In fact, as explained by 36-year-old Dani Paes, founder and Chief of People & Culture Officer at Fohat, mindfulness has always been embedded into the corporate culture. “We are convinced that, by purposely bringing one’s attention to experiences occurring in the present moment and practicing self-compassion, one can find mental space to think under challenging circumstances instead of reacting instinctively. This allows reducing stress levels, boosting self-awareness and maturity and thus creating a virtuous cycle for both the individual and the group”, the executive highlights. “As an energy intelligence company that builds on innovation as an essential part of its operations, this has become one of our key daily practices”, she adds.

The psychological process championed by Dani is based on weekly meditation practice. The positive results have ignited the interest of neighboring companies at the Distrito Spark CWB, where Fohat is headquartered, as well as in Melbourne, at the YBF Ventures coworking space. This means that the executive welcomes staff members of the coworking community at the weekly meditation practices. Douglas Ferreira, head of global development and co-founder of Fohat, who is based in the Australian head office, admits that when he started meditating, one minute felt like an eternity. “But then I could manage to meditate for two, five and now ten minutes. Like any other exercise, it gets better and better if you practice. Now, it has become essential for me”.

**About Fohat** | Founded in 2017, Fohat is a Brazilian energy intelligence company that offers innovative energy intelligence solutions to enable a free market for clean energy. By efficiently providing cheaper energy, it has the mission of making a positive impact on the planet, people and organizations, with inclusive and sustainable development, responsibly delivering value for the society, the environment and the economy, with social inclusion and wellbeing, which is fully in line with the global 3D energy model (decarbonization,



*energy  
for a  
better  
life*

decentralization, and digitalization). FOHAT's solutions cover both edges of the energy sector, from generation to storage (by managing and dispatching Distributed Energy Resources), trade and consumption. It is an industry benchmark for sustainable innovation as the first and only company in Latin America to use blockchain in the energy sector, in addition to being actively involved in the development of the global energy policy framework, with the launch of the Energy Web Chain (EWC) as signatory to the Energy Web Foundation (EWF), in June 2019. Follow us on YouTube, LinkedIn, Instagram and Facebook.

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