



MOMENTS

Mindful Leadership: Cultivating an Environment of Present Moment Awareness

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MINDFULNESS MEANS

Paying attention in a particular way, on purpose,
in the present moment non-judgementally.

- Jon Kabat-Zinn

What Mindfulness Is Not

- ✓ not Relaxation
- ✓ not Concentration
- ✓ not Technique
- ✓ not a Practice

TEAMS WHO BENEFIT MOST

Direct Service Providers needing to reset from one event to the next

Teams and Environments immersed in change or conflict

Work teams with multiple priorities, high impact, and stress

Here's what the research is saying about mindfulness meditation

Increases resiliency

Increases emotion regulation

Enhances attention and focus

Increases alertness

Reduces the effects of stress

Alleviates depression and anxiety

Improves sleep patterns

Aids in better decision-making amidst chaos

(University of Massachusetts Center for Mindfulness)

“ Between stimulus and response there is a space. **In that space is our power to choose our response.** In our response lies our growth and our freedom.

Victor Frankl

Ma Jastai (Just Like Me Practice)



Workplace Stress

94% of people consider work stressful (*Wrike*)

80% of people consider difficult communication the cause of that stress (*Dynamic Signal*)

35% of people have conflict with their boss (*Korn Ferry*)

Aikido

A martial art that focuses on harmonizing with your opponent to bring peaceful resolution to situations involving conflict.



Merge & Blend

Align

Put yourself in the other person's shoes. *"I want to understand your point of view better. Tell me more about what's going on."*

Agree

Find areas where you can agree. *"If I were treated that way, I'd be angry to."*

Redirect

Team up and work together to find a way to resolve the situation. *"We're both disappointed about the situation. What can we do to make it better?"*

Resolve

Explore what might be a mutually agreeable compromise. *"If our team meetings occur every week, could we meet for one hour rather than two hours?"*

Gates of Speech

FOUR GATES OF
SPEECH + ONE

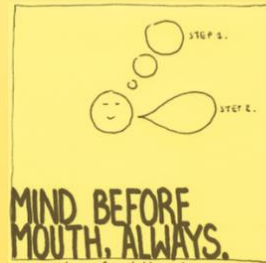
IS IT TRUE?

IS IT NECESSARY?

IS IT KIND?

IS THIS THE RIGHT TIME?

AM I THE RIGHT PERSON TO
SAY IT?



Implement in Team Now

- Just Like Me
- Aikido
- Gates of Speech

Q & A

Thank you!