



MOMENTS

# **Mindful Leadership: Cultivating an Environment of Present Moment Awareness**

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- What Mindfulness is & What it is not
- NLP Model of Communication
- Where the Healing Takes Place
- Awareness of Breath Meditation
- Mindful Listening and Perception Dyad
- Mindfulness and Brain Chemistry
- Body Scan Meditation
- Q/A

# MINDFULNESS MEANS

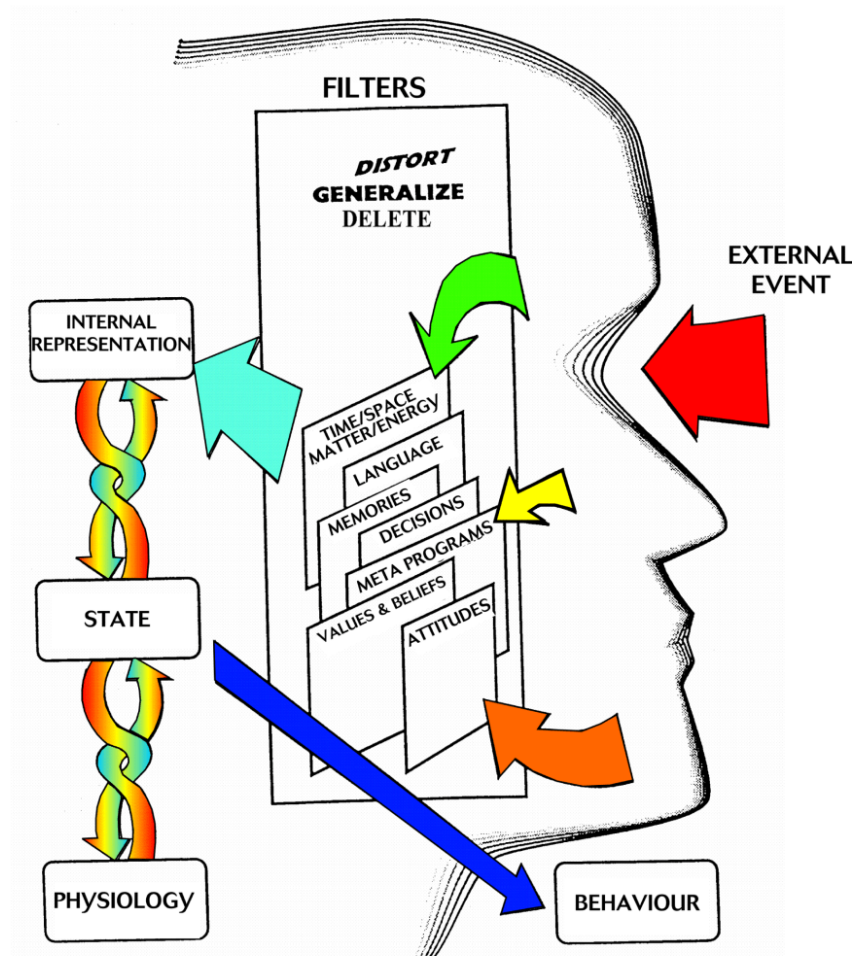
Paying attention in a particular way, on purpose,  
in the present moment non-judgementally.

- Jon Kabat-Zinn

# What Mindfulness Is Not

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

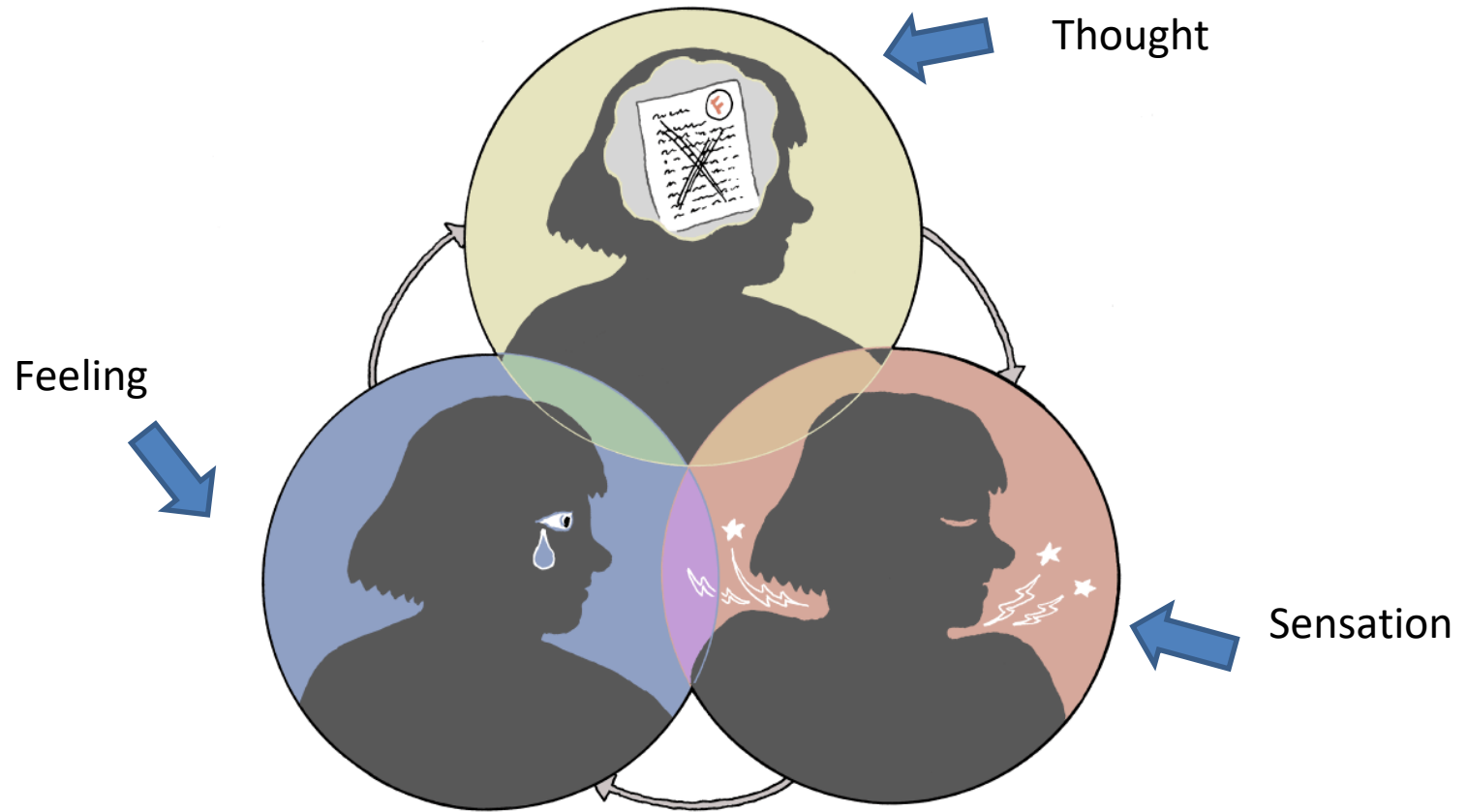
# NLP Model of Communication



“ 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

# WHERE HEALING TAKES PLACE





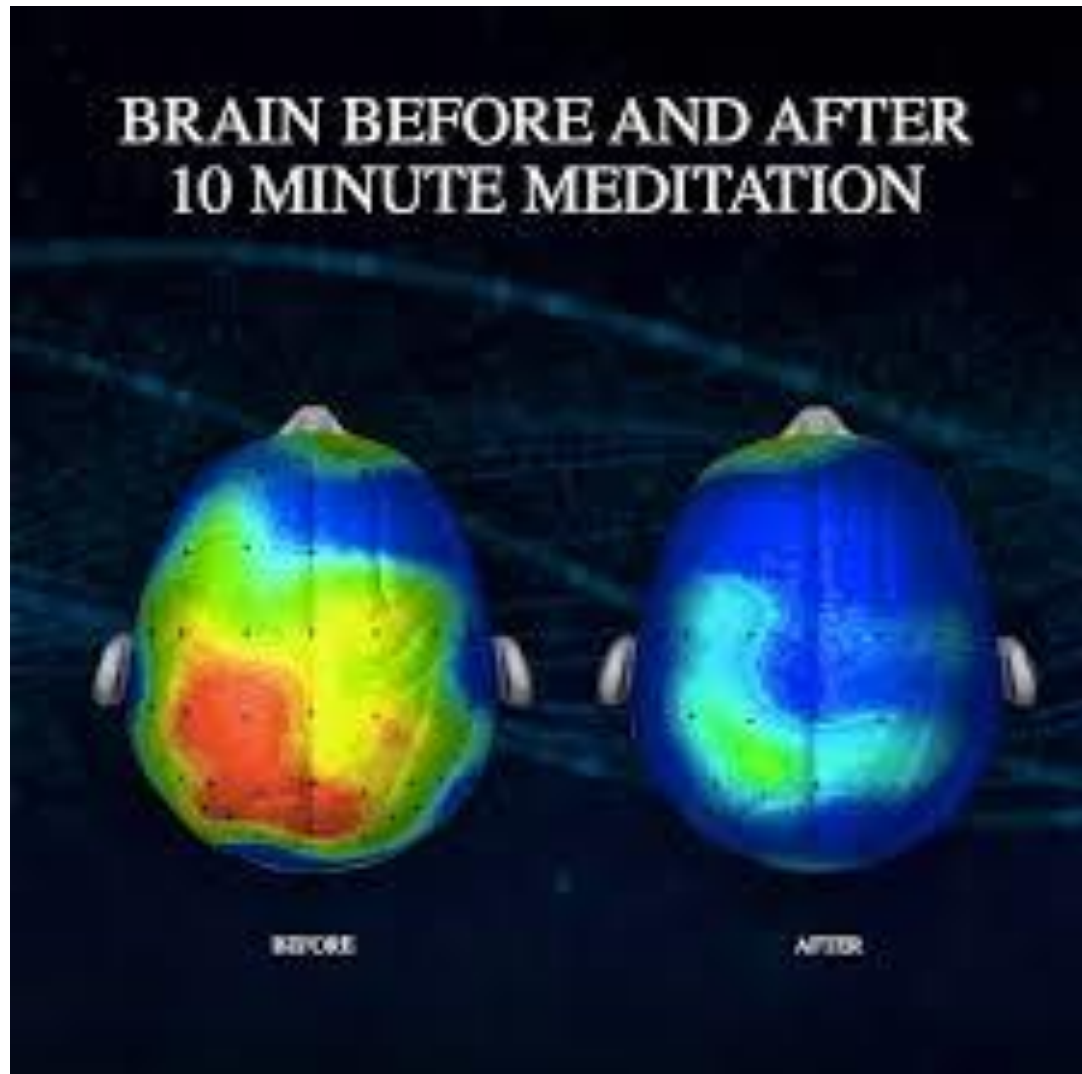


# MINDFUL LISTENING

awareness of perception



# Efficacy of Mindfulness





Q & A

THANK YOU