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

Sensation

Feeling

Thought

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MINDFUL LISTENING
awareness of perception
Efficacy of Mindfulness

BRAIN BEFORE AND AFTER
10 MINUTE MEDITATION

BEFORE

AFTER
Q & A

THANK YOU