

Mindfulness and Self-Awareness

Mindful Leadership: Coping Mechanisms for Leaders in the Workplace

Réseau Suisse d'Experts sur le Burnout —
5ème Symposium



Over the next hour...

- Get acquainted with the basics of mindfulness
- Understand the link between mindfulness and self-awareness
- Understand the benefits of self-awareness and other emotional intelligence skills



About me...or us...



www.mindfulness-company.com



+ Emotional
Intelligence
+ Neuroscience
+ Mindfulness

= Search Inside Yourself



Search Inside Yourself
Certified Teacher



Why
Are We
Here?



Living in a VUCA world...



47%

Average time spent
Mind-wandering

70%

Leaders report regularly unable
to be attentive in meetings

2%

Regularly make time to enhance
personal productivity

Killingsworth, 2010;

Mindful Leadership Institute, 2010



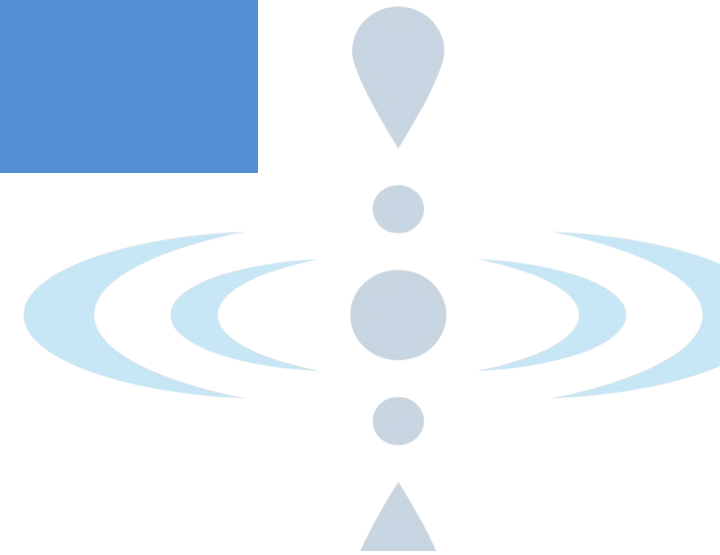
What
Can We
Do?

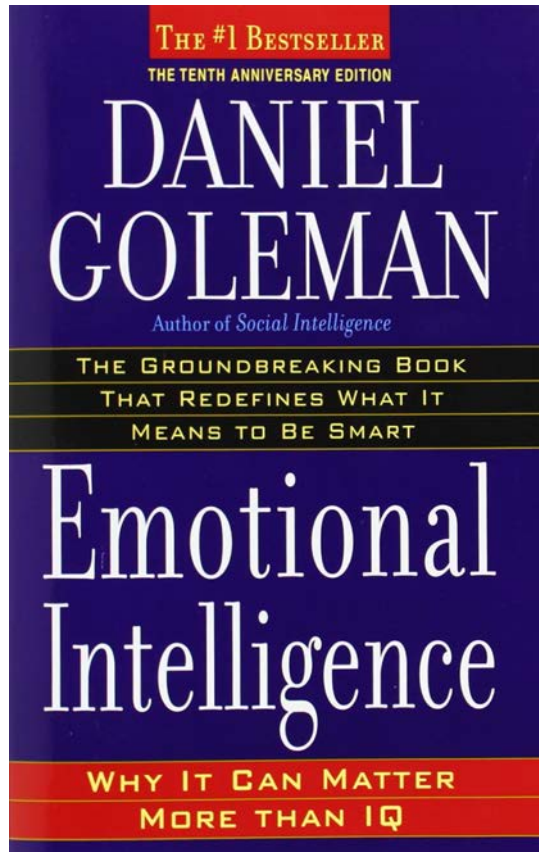


Emotional Intelligence

“The ability to monitor one’s own and others’ feelings and emotions, to discriminate among them and to use this information to guide one’s thinking and actions.”

Salovey & Mayer, 1990

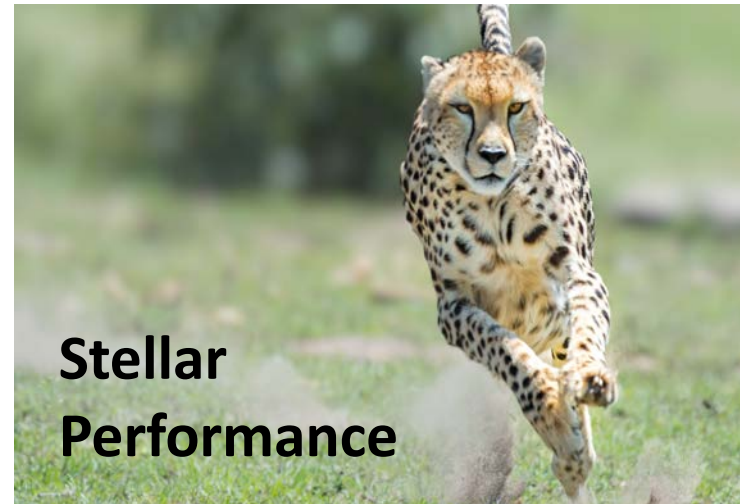




- Self-Awareness
- Self-Management
- Motivation
- Empathy
- Social Skills



Three Benefits of EI



How
Can We
Do This?



Calming the mind



Three Breaths



Mindfulness = be present

“Mindfulness means paying attention to what’s happening in the present moment

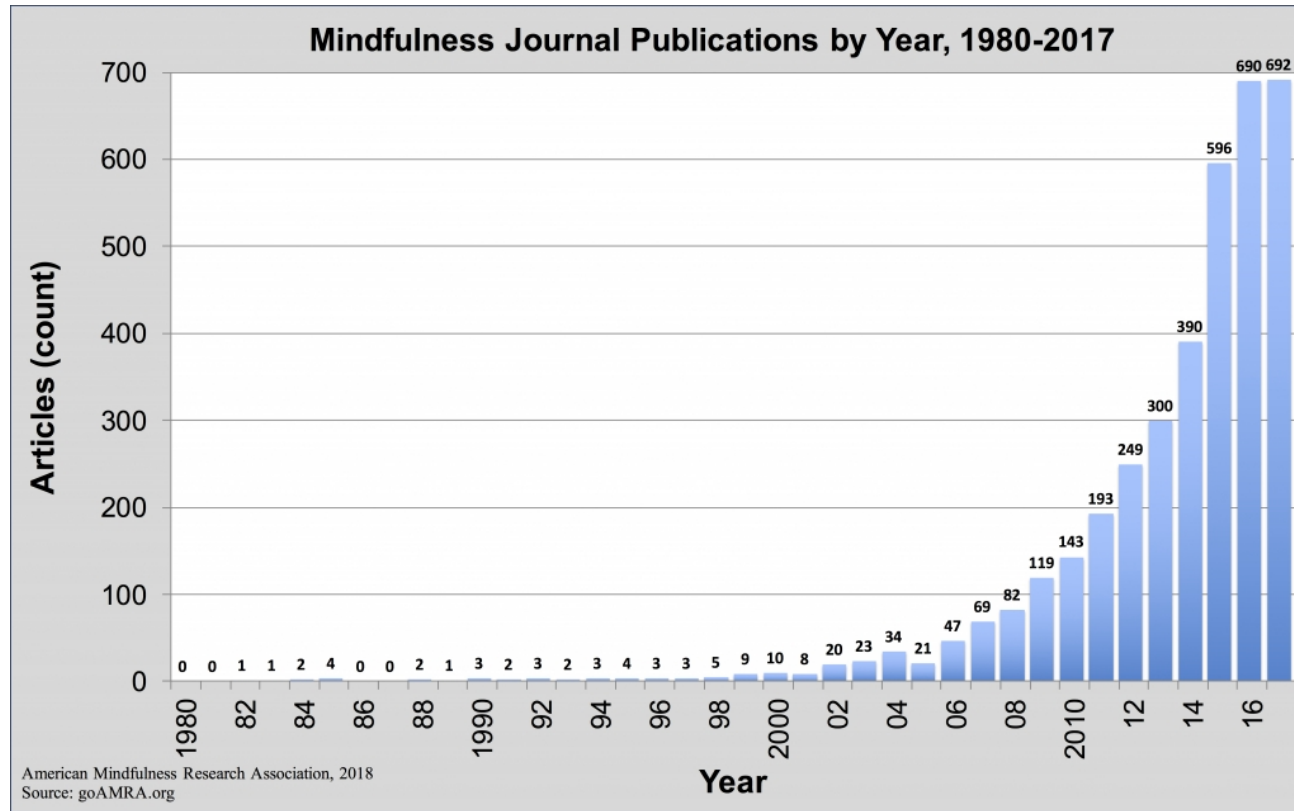
in the mind, body and external environment,

with an attitude of curiosity and kindness.”

Mindful Nation UK Report



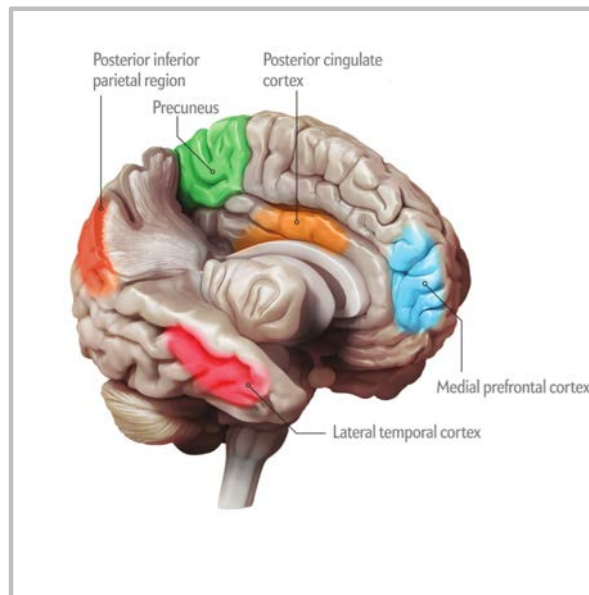
Mindfulness Research Publications



Neuroplasticity



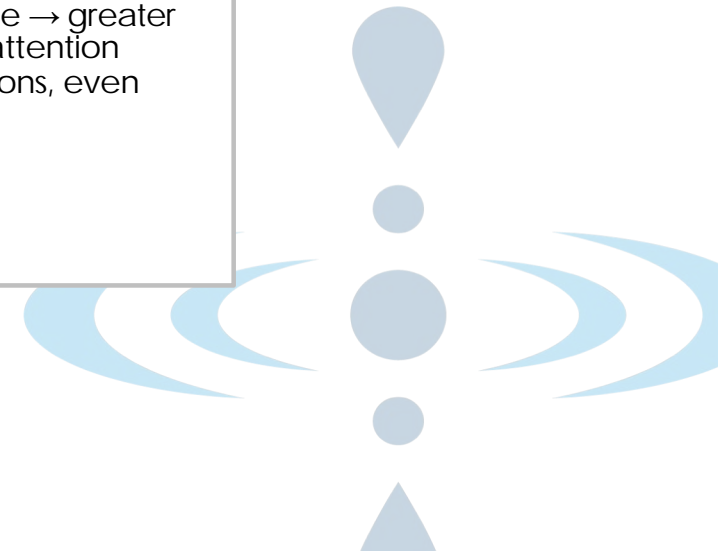
Neuroplasticity: Changes in Attention and Mind-Wandering



Default Mode Network (DMN)

- Related to mind-wandering and self-referential thinking.
- Less active during meditation.
- Meditation practice → greater connectivity with attention management regions, even when at rest.

Brewer et al., 2011, image from Ricard et al. 2014



Mindfulness practices

- Meditation
 - = family of mental training practices
- Practices
 - Focused Attention
 - Returning attention to a single point
 - Open Awareness
 - Witnessing mental content without getting carried away by it



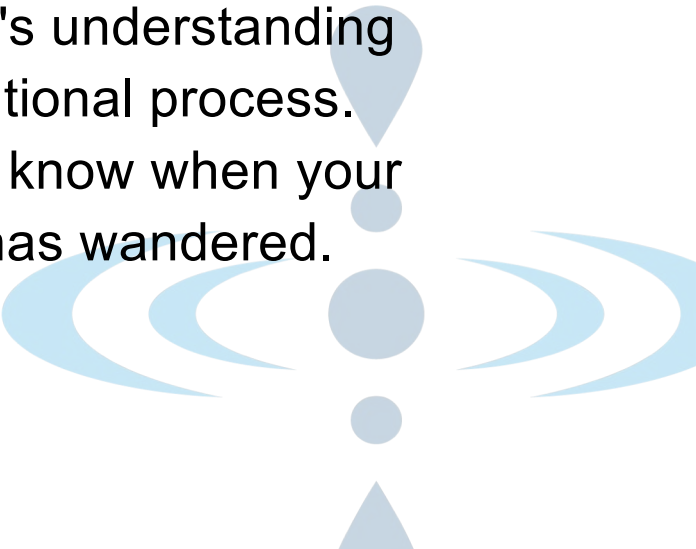


Attention

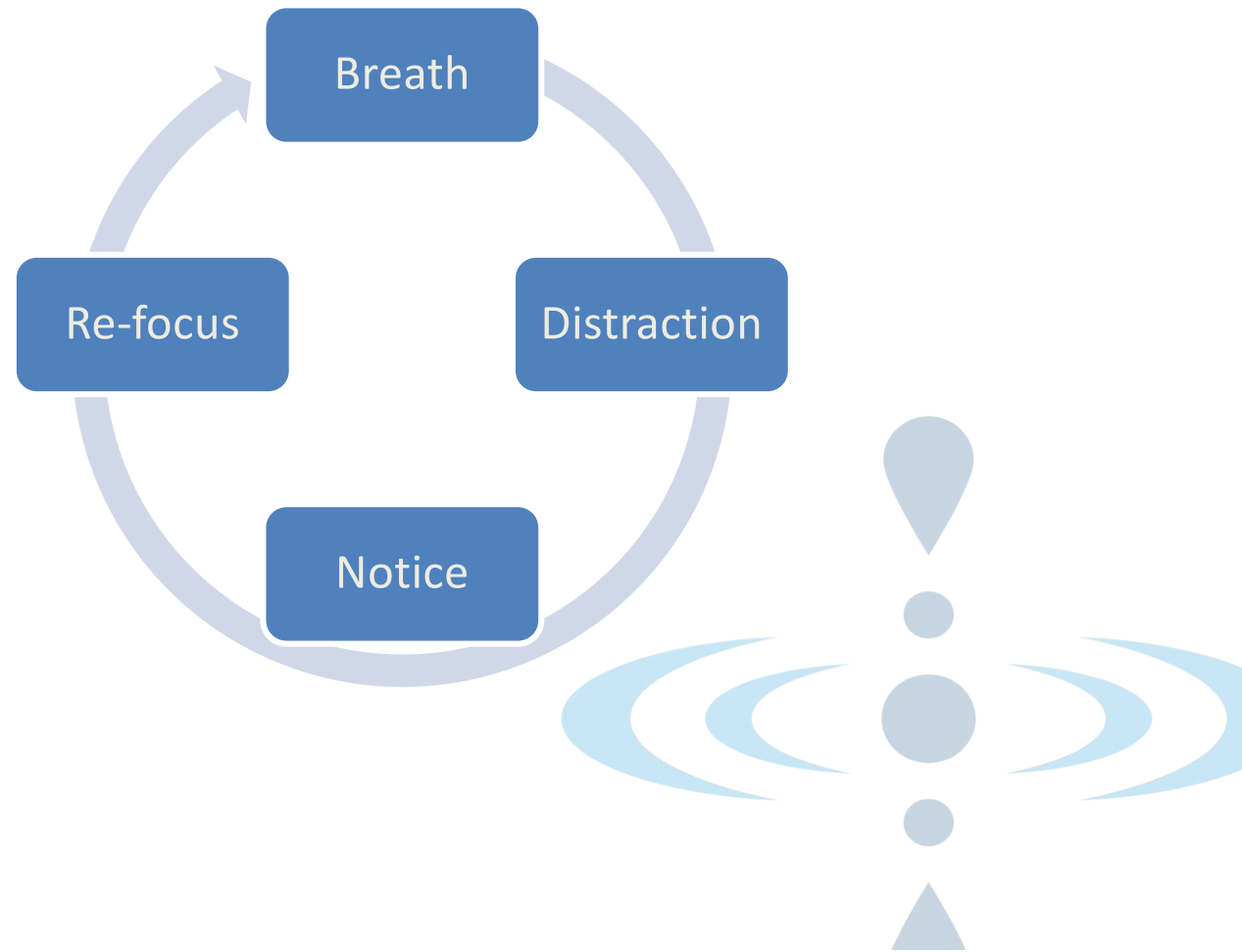
The ability to concentrate one's attention on a target stimulus or object for any period of time.

Meta-
Attention

An individual's understanding of the attentional process.
The ability to know when your attention has wandered.

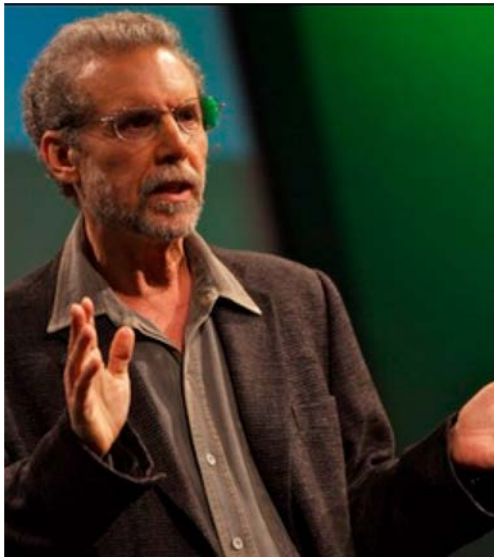


Focused Attention Process



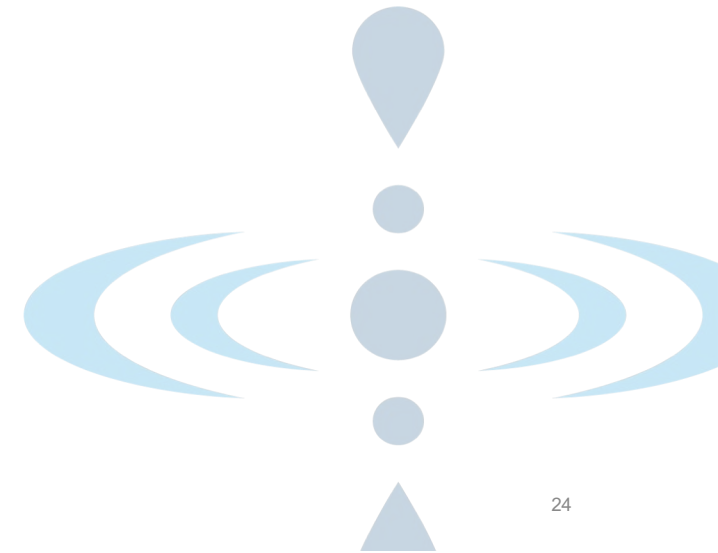


Self-Awareness

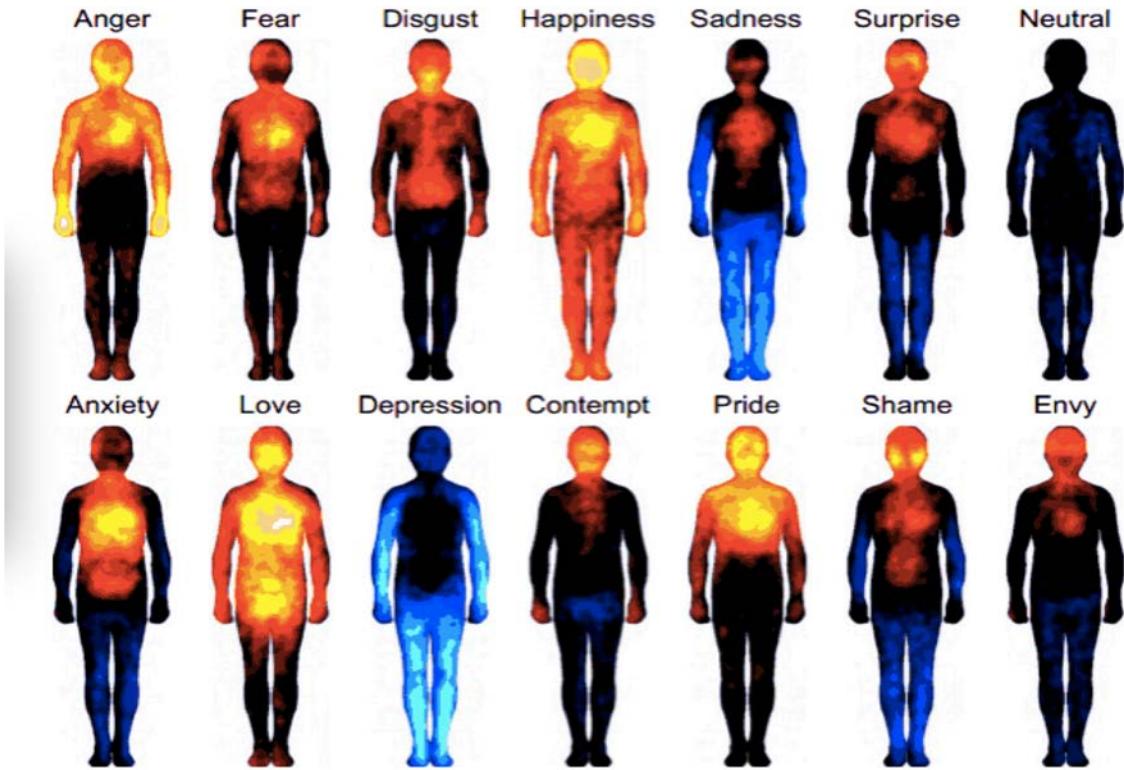


“Knowing one’s internal states, preferences, resources and intuitions.”

Daniel Goleman

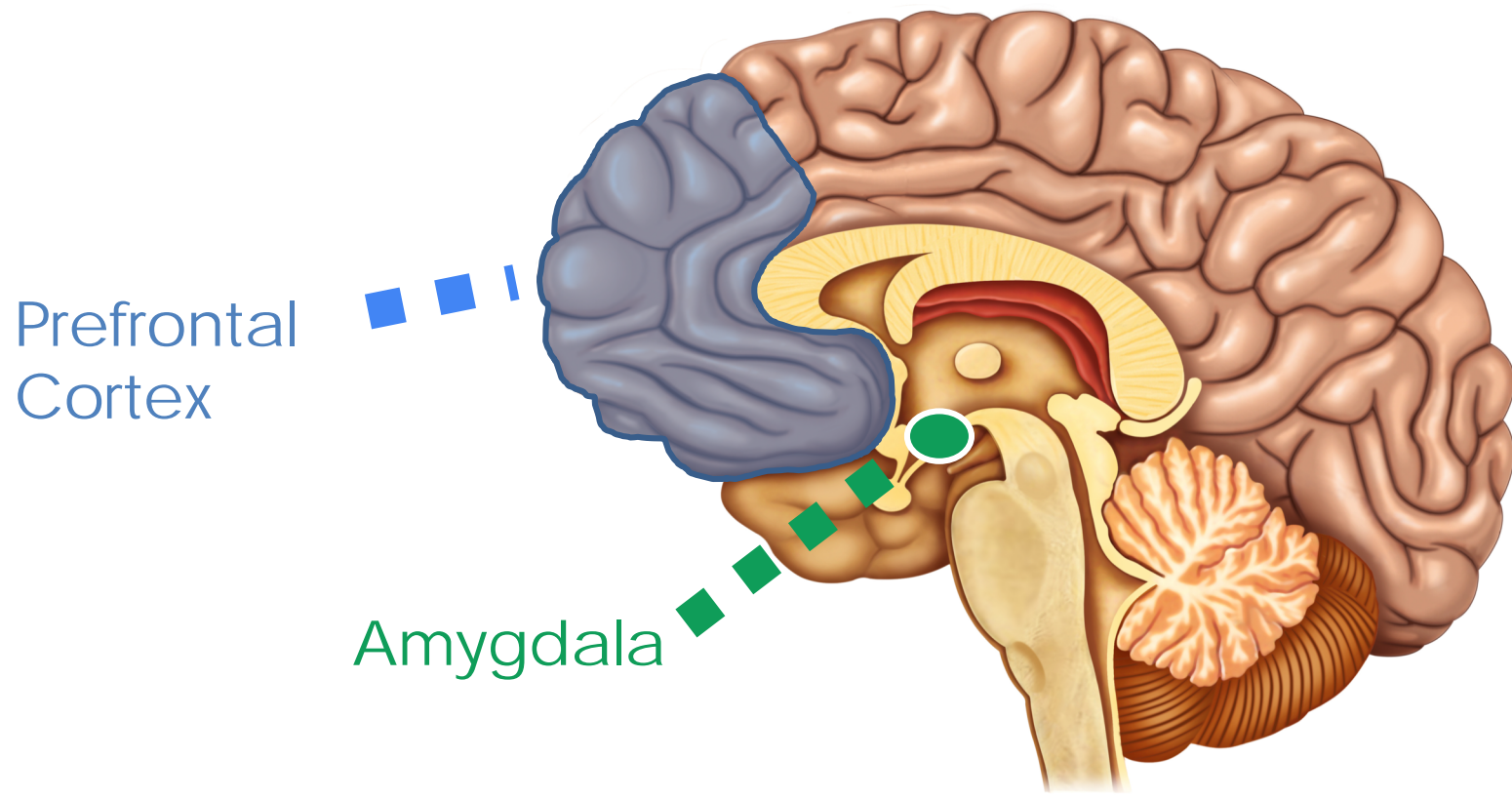


Emotional Awareness



Nummenmaa, et al., 2013



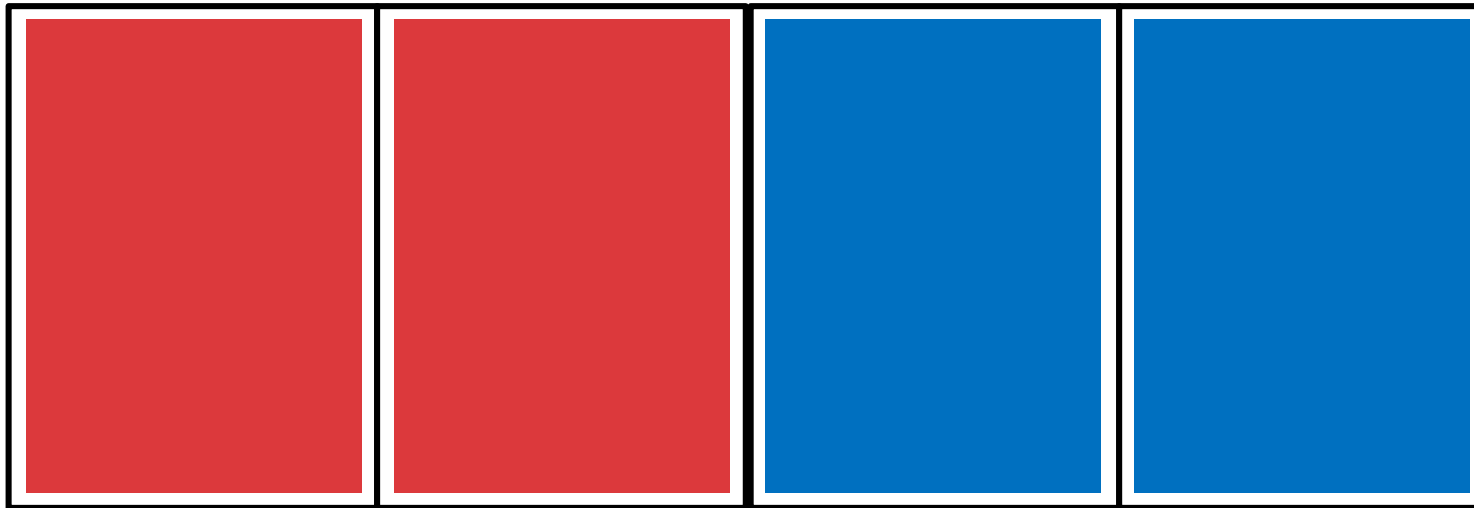


Prefrontal
Cortex

Amygdala



Iowa Gambling Task



Bechara, et al., Science 1997



50

Have a hunch

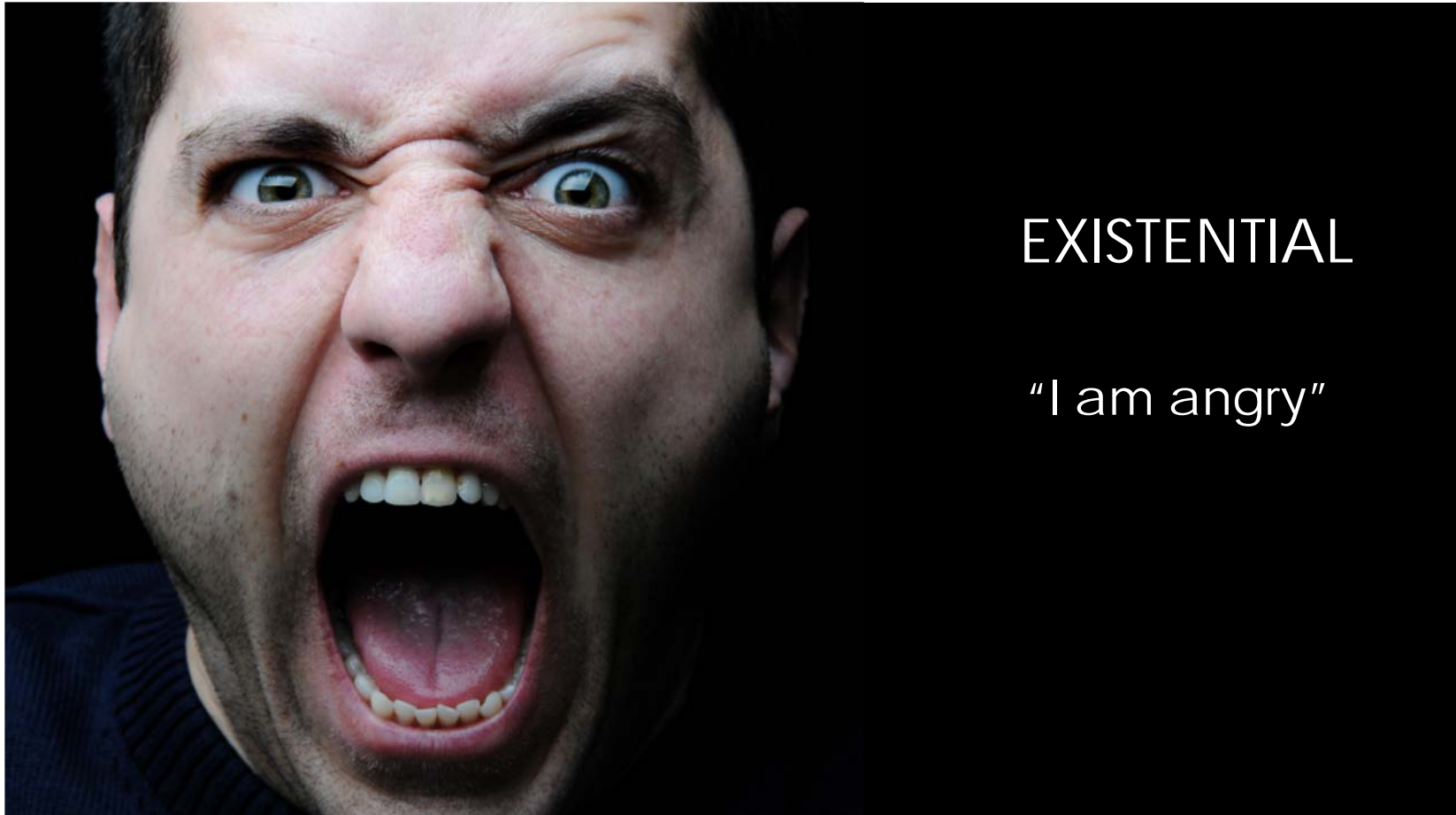
80

Figured it out

10

Palms sweat &
behavior changes





EXISTENTIAL

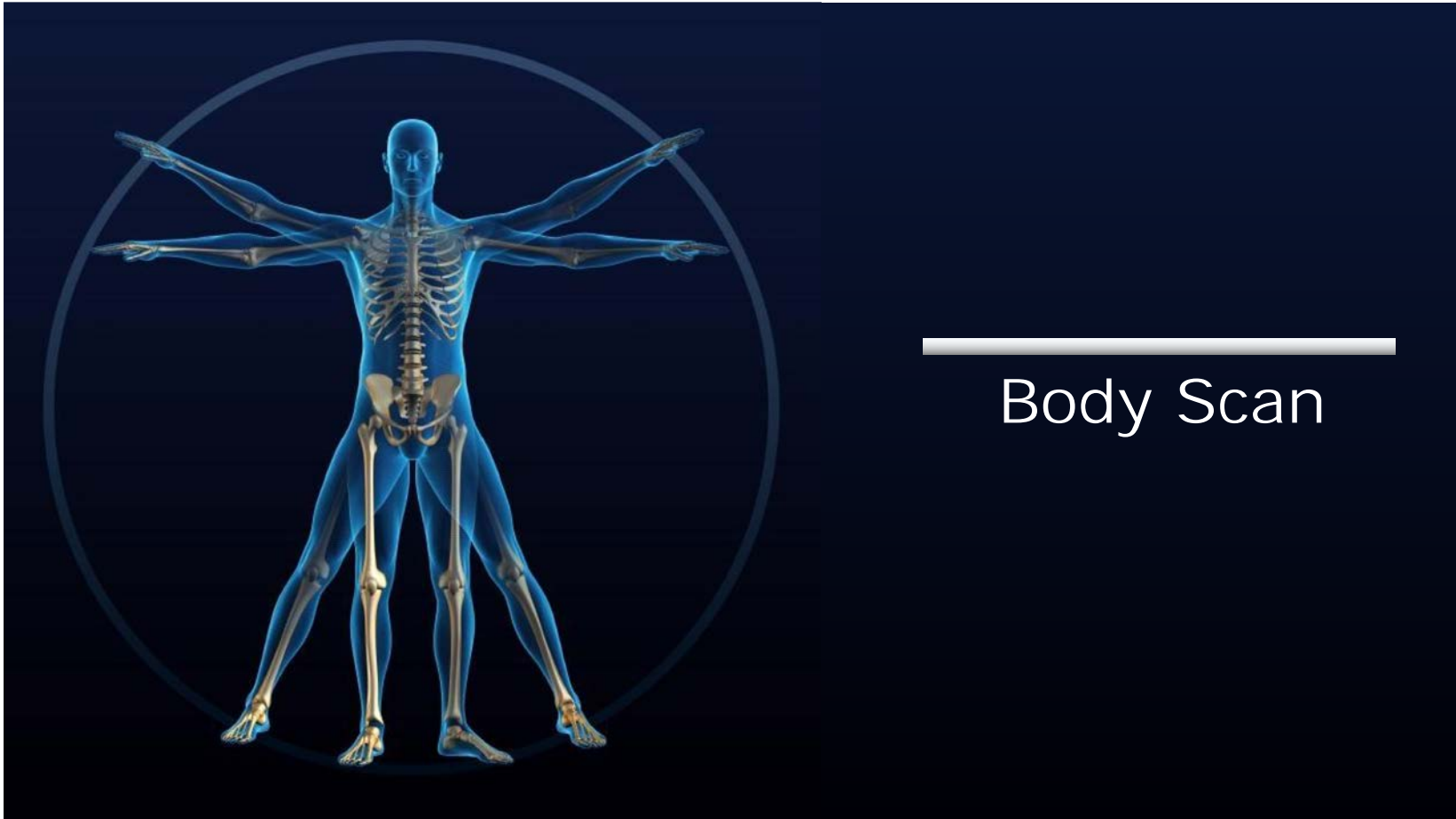
"I am angry"



EXPERIENTIAL

"I experience
anger in my body"





Practices covered today

Dedicated:

- Mindful Listening
- Focused Attention
- Body Scan

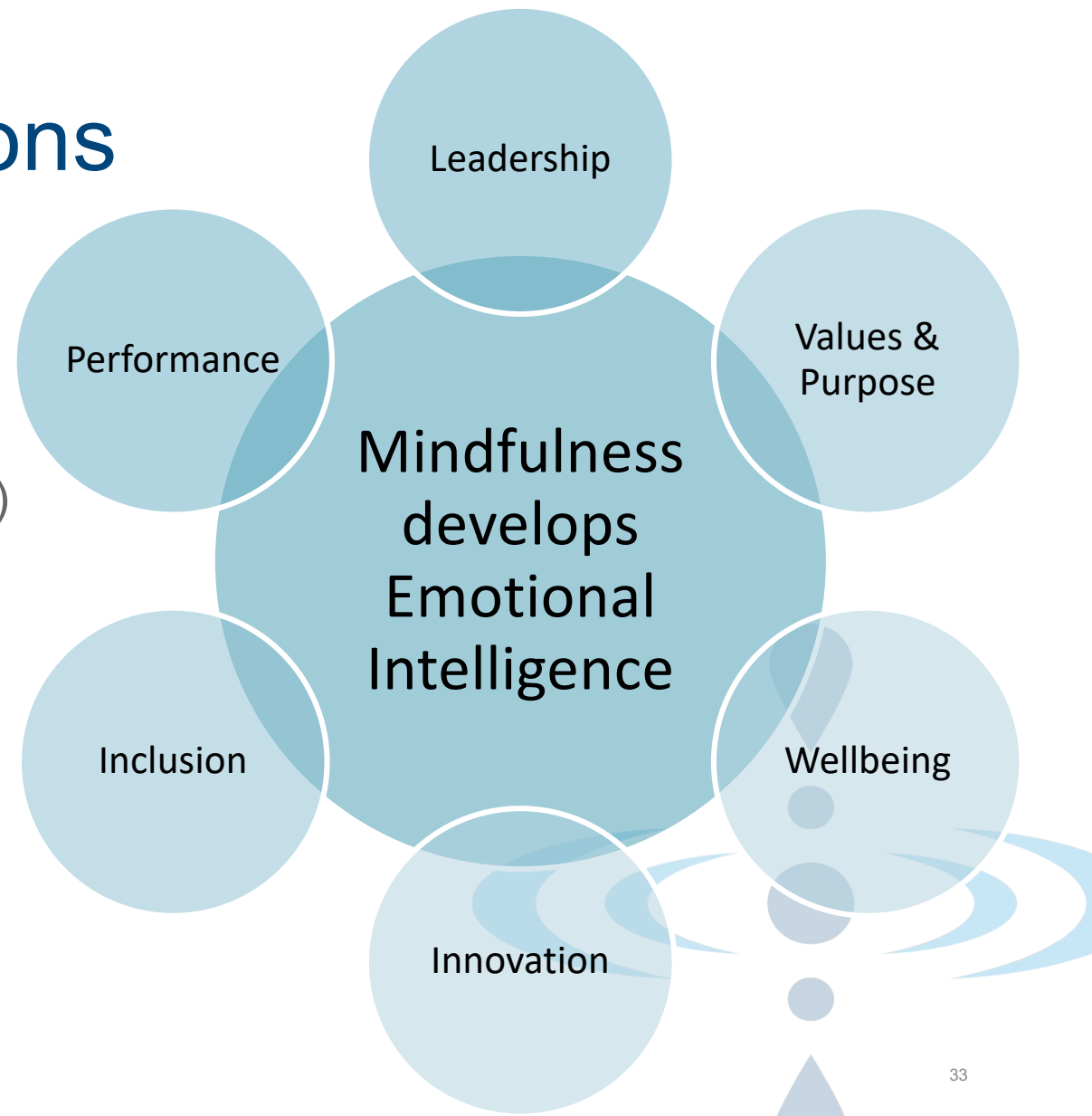
Integrated:

- Minute to Arrive
- Three Breaths



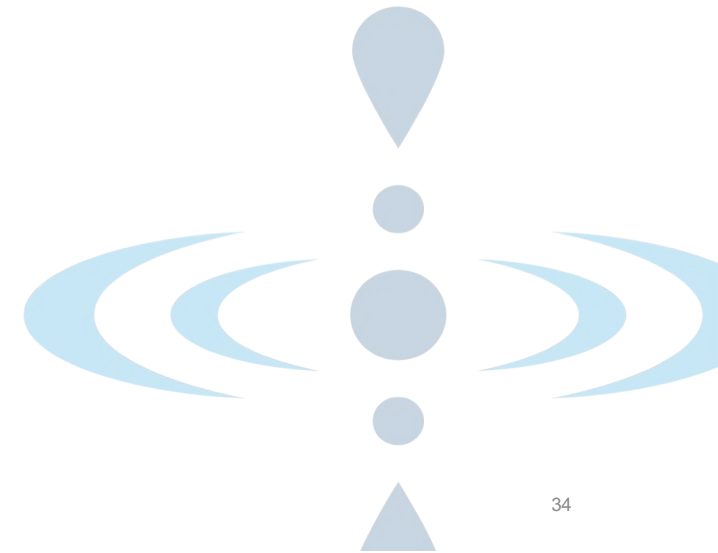
Practical Applications

- Leadership
 - EI competencies
- Innovation
 - Resilience (Design Thinking)
- Inclusion
 - Unconscious bias
- Wellbeing
 - Stress, burnout
- Values, purpose
 - Alignment



What did we learn?

- Get acquainted with the basics of mindfulness
- Understand the link between mindfulness and self-awareness
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Want to learn more about it:

- Please contact:

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