

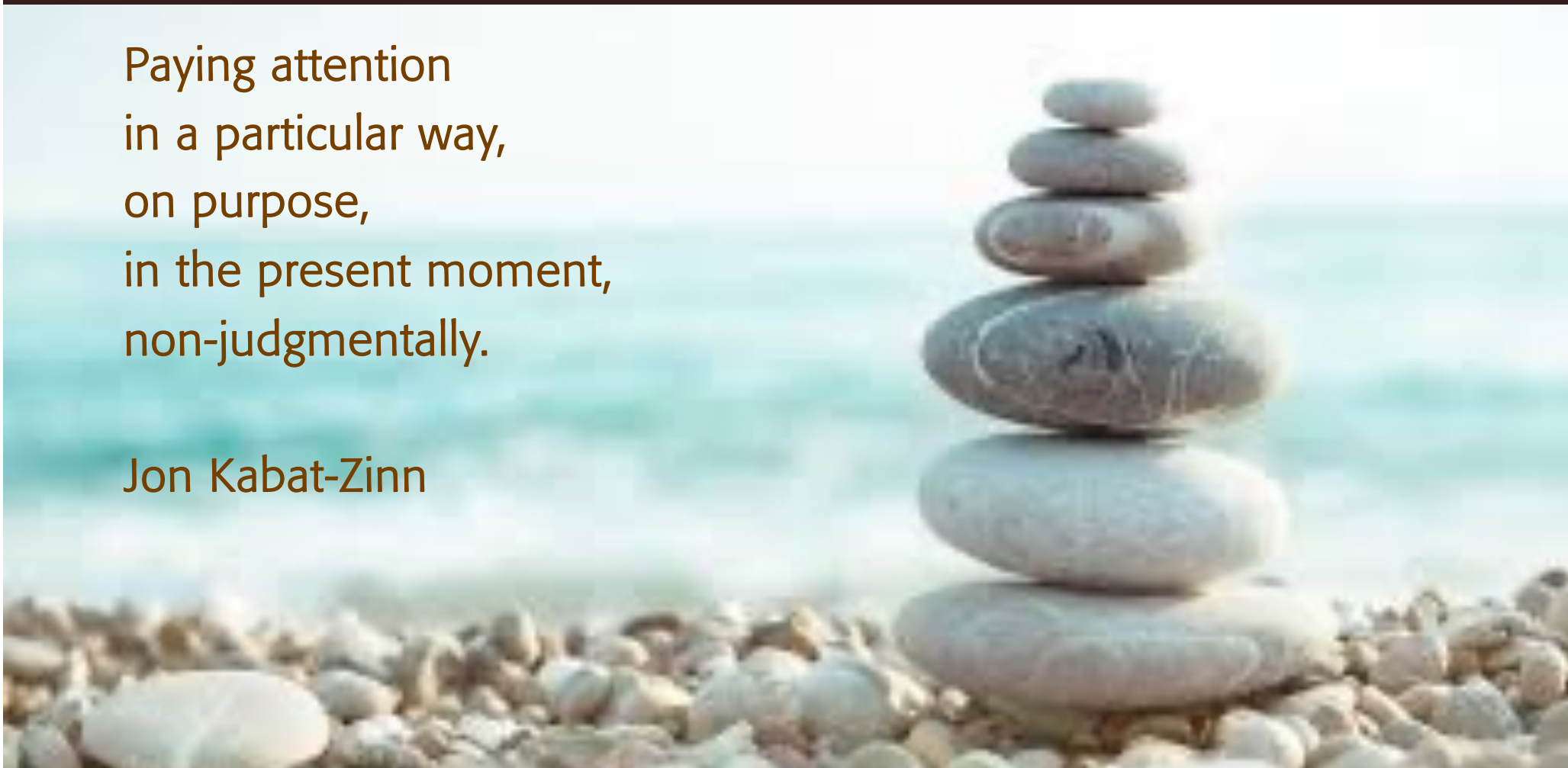
MINDFUL LEADERSHIP

What do you need to let go of
to be fully present?

What is Mindfulness?

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

Jon Kabat-Zinn



It's not necessarily this!



Let's get present...

... list 5 words that describe your
present state.

Who's integrating
mindfulness into
their culture?

abbvie



.....
GENERAL MILLS



Google

Mindful leaders are better decision-makers



93%

of leaders said mindful leadership training had a positive impact on their ability to **create space for innovation**



70%

Nearly 70% said the training made a positive difference in their ability to **think strategically**



34%

Managers were 34% more likely to **respond with clarity**, even under pressure

Mindful leaders are
more engaged
and productive

*"I am able to notice when
my attention has been
pulled away and redirect it to
the present."*

*"I take time each day to
optimize my personal
productivity."*

Mindful leaders are
more compassionate



89%

of leaders said mindful
leadership training
enhanced their ability
to listen to themselves
and others

Results of Mindfulness Training at Genentech

- 10-20% increase in employee satisfaction
- 50% improvement in employee collaboration, conflict management, and communication
- 12% increase in customer satisfaction

Genentech
A Member of the Roche Group



How can you
be a more
mindful
leader?



1) Set intentions

Definition: *intentional* (adj.)

An action performed with awareness; done deliberately, consciously, on purpose

My **intention** for this meeting is _____

This is important because _____

I need to be _____ to make this **intention** a
reality

2) Stop multitasking

"It turns out multitaskers are terrible at every aspect of multitasking.

They're terrible at ignoring irrelevant information; they're terrible at keeping information in their head nicely and neatly organized; and they're terrible at switching from one task to another."

~ Clifford Nass, Stanford University
communications professor

Multitasking Lowers Your IQ and Damages Your Brain!



3) Take Purposeful Pauses



Simple ways to take a purposeful pause

- Just sit and breathe
- Take a short walk
- Meditate
- Take a “real” coffee/tea break
- Listen to soothing music
- Get out in nature

What are some ways you can take purposeful pauses over the next week?

"Research on naps, meditation, nature walks and the habits of exceptional artists and athletes reveals how mental breaks increase productivity, replenish attention, solidify memories and encourage creativity."

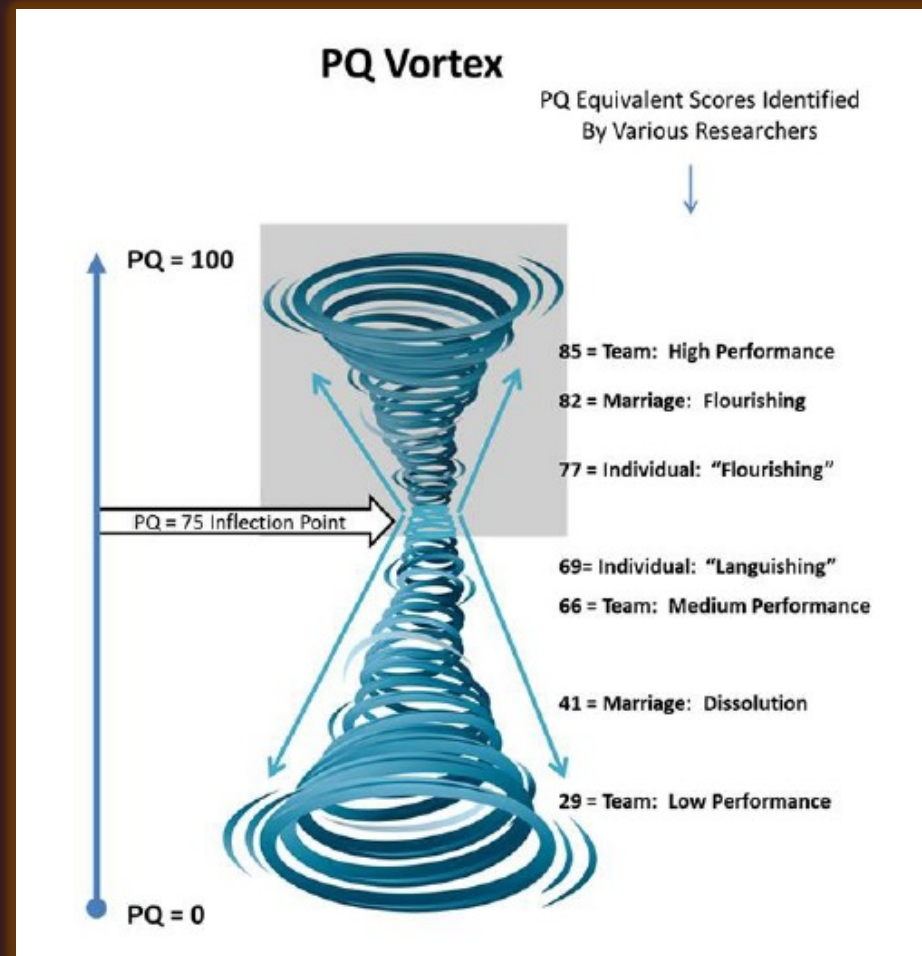


4) Mind Your Thoughts



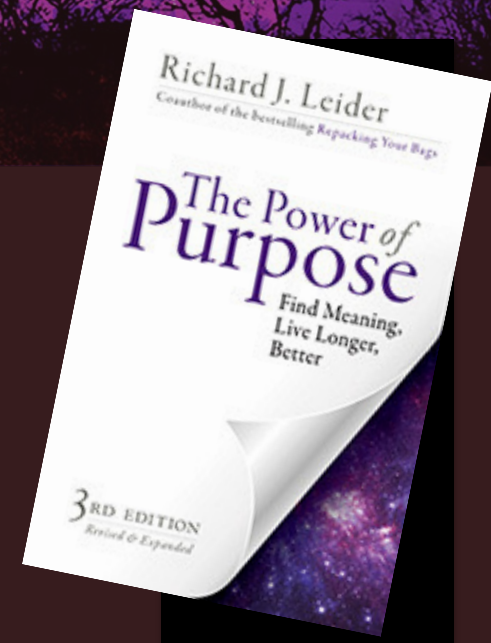
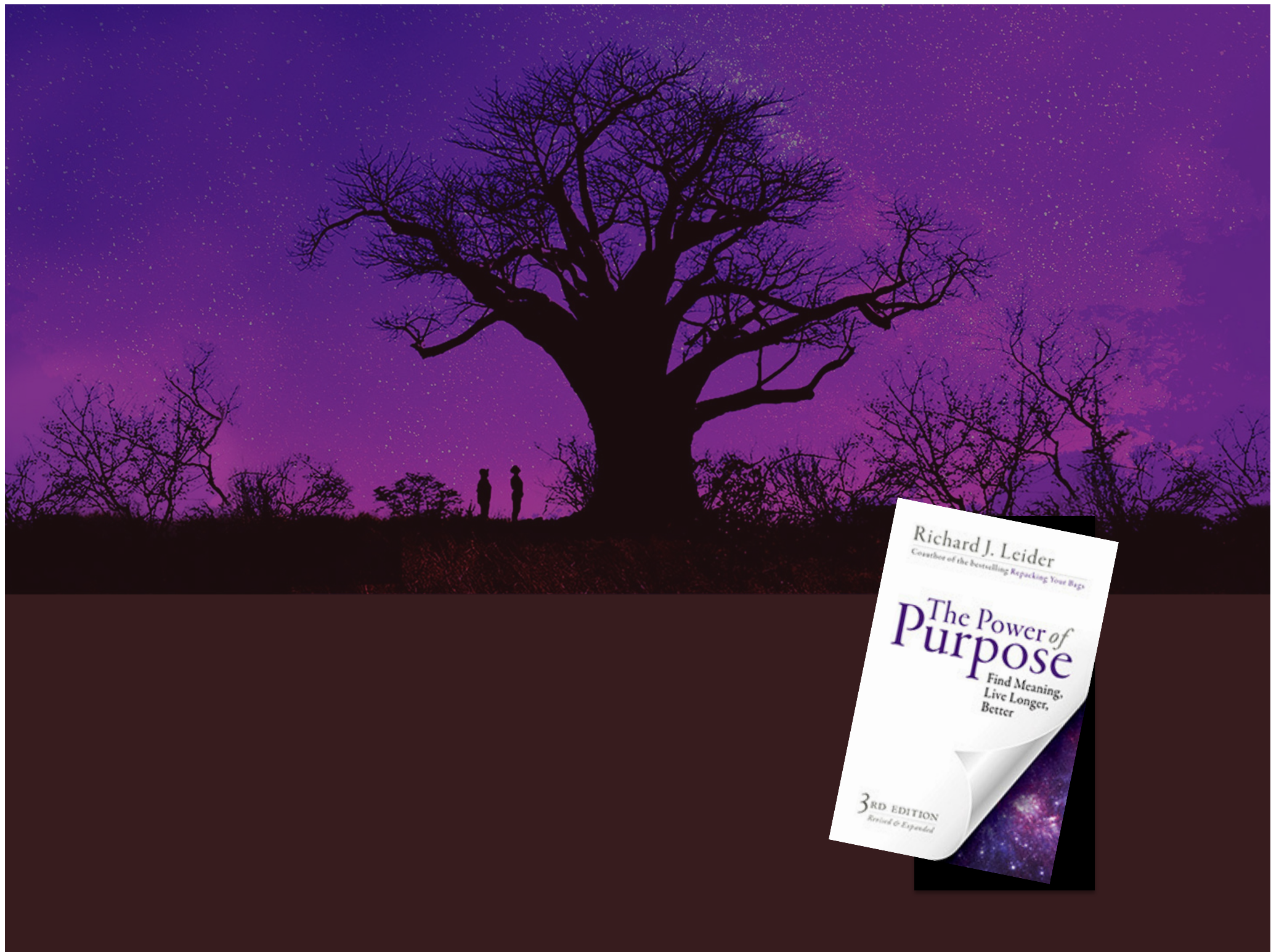
Source: *Positive Intelligence*, by Shirzad Chamine

Your mind can be your best friend – and your worst enemy



5) Harness the Power of Purpose





My Personal Purpose Statement

"Be in the world every day on purpose,
in relationships, in work, and in nature
in ways that are true to who I am,
and in ways that express my core values and utilize my talents,
creating growth in myself and others."

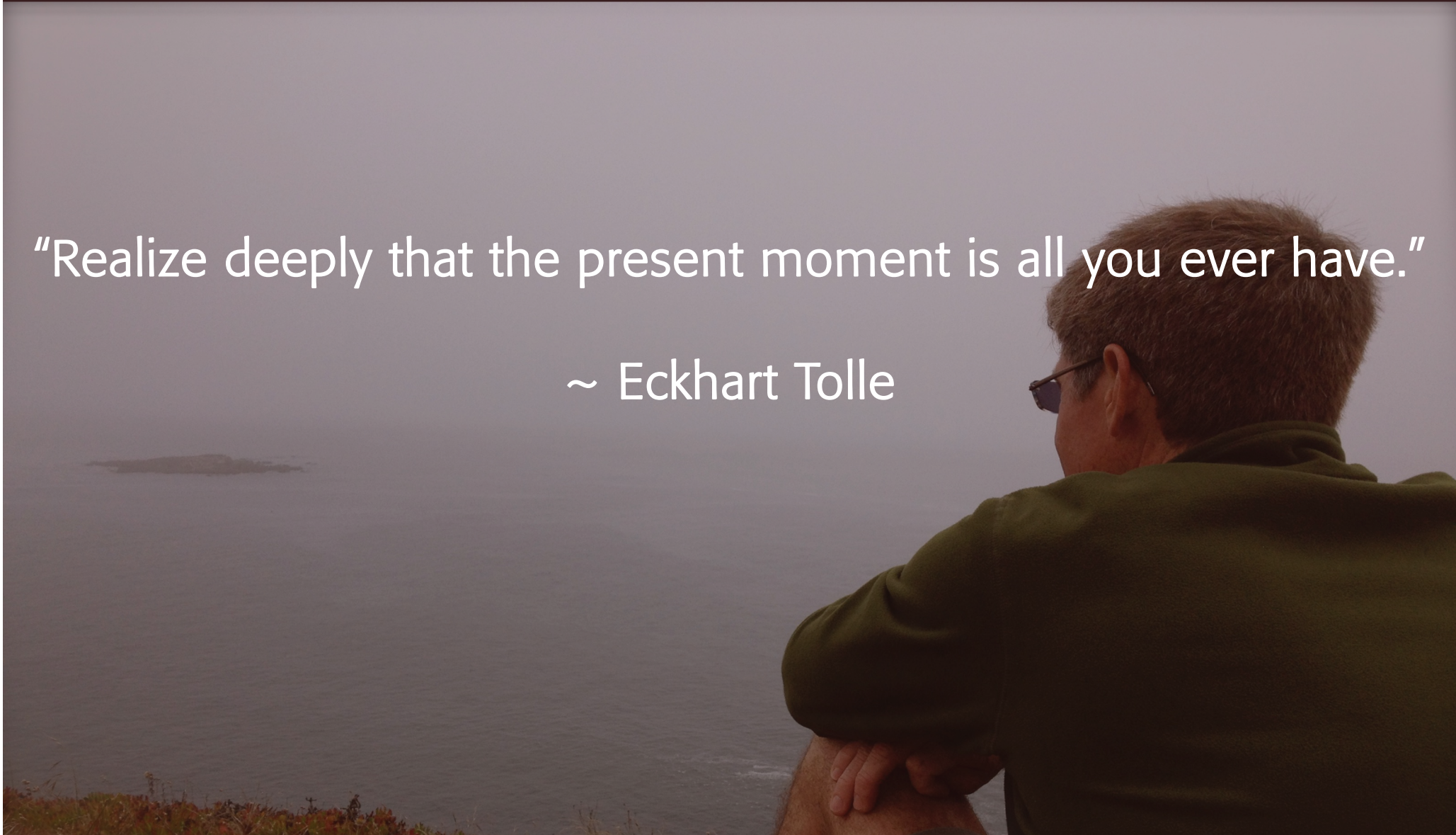
My Business Purpose Statement

Emily Rogers Consulting + Coaching was founded
with the sole purpose of creating growth in my clients
and improving the lives of the people I serve.

Exploring the power of the present moment...

“Realize deeply that the present moment is all you ever have.”

~ Eckhart Tolle





We strategically advise and support organizations and individuals in growing and realizing their full potential in purposeful and balanced ways. We offer:

- Executive coaching
- Team coaching & development
- Leadership development training
- Strategic planning facilitation
- Keynote speaking
- Assessments for individuals & teams
- Life, career & business coaching