

Mindful Leadership in the Modern World

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The better the question. The better the answer.
The better the world works.

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Informal Mindfulness: STOP practice



S - Stop

T - Take a Breath

O - Observe

P - *Pose & Proceed

*Question: what's important right now?

Workplace Mindfulness Options + Resources

Tips



- You don't need any special equipment to practice mindfulness
- Start with 10 minutes a day doing a basic Awareness of Breath meditation
- Habit stacking with current activity
- Designated space serves as a visual reminder

"Mindfulness Without the Bells and Beads"

by Clif Smith

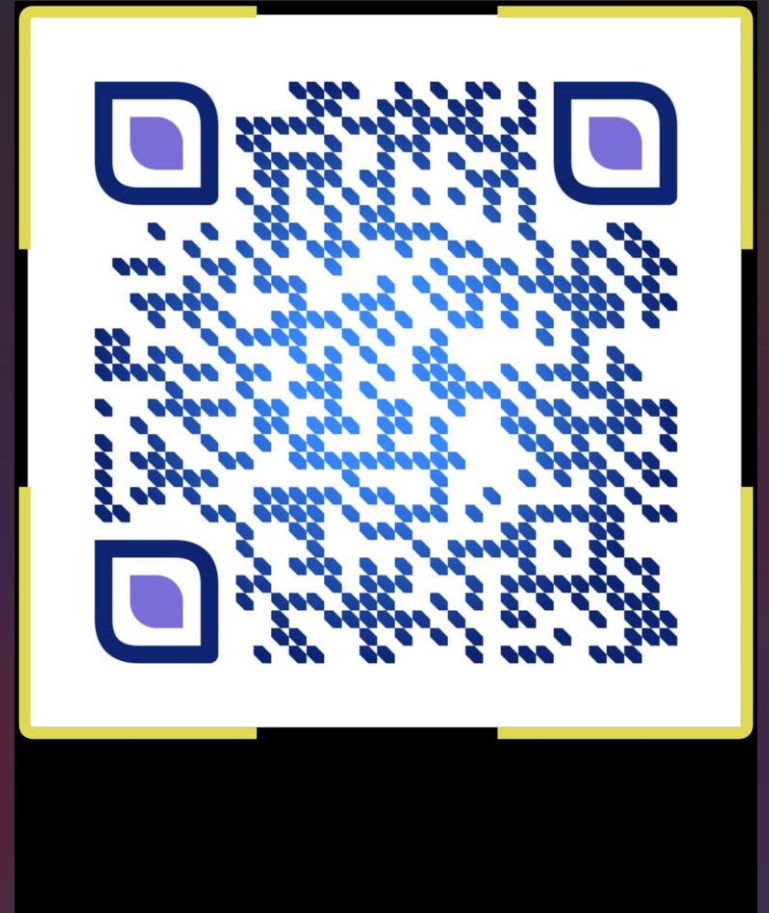


Read



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"Insight Timer"
Mindfulness +
Meditation App



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