Becoming Mindfully Aware

Mindfulness programs help leaders and employees reflect effectively, focus sharply on the task at hand,



manage peak levels of stress, and recharge quickly. On an organizational level, mindfulness reduces sick days, increases trust in leadership, and boosts employee engagement.

Source: http://knowledge.wharton.upenn.edu/article/how-companies-can-instill-mindfulness/

The practice of mindfulness leads to:

- Active listening
- Being present in meetings and conversations
- Withholding judgment
- Acknowledging the contribution or strength of another person
- Acting purposefully



Leaders who benefit

- Leaders who want to act more effectively, even in stressful or unpredictable environments
- Leaders who want to approach challenges with calm focus
- Leaders who want to avoid the pitfalls of multitasking
- Leaders who want to attune to the people around them and make a greater impact within their organizations

Teams that benefit

- New teams recently assigned to work together
- High performing teams who want to go to the next level
- Teams struggling to communicate effectively with each other
- Under-performing teams who need to step up performance and results
- Teams with a new leader or new members



Contact Clearwater at 404-634-4332 to discuss how our Mindful Leaders and Mindful Teams programs can be customized for your organization.

The Bottomline for Mindfulness Training

Aetna CEO Mark Bertolini says,

"Being present is critical, allowing me to take in the reality of the world around me and process information where my work becomes better for that knowledge, then I can make my idea better and move it forward. With so many things going on, whether in a small or large organization you can get frozen by attempting to process it all instead of being present, listening, and focusing on what really matters."

Aetna: Over 25 % of Aetna's 50,000 employees have taken part in their mindfulness program

- stress levels have dropped by 28%
- sleep quality improved by 20%
- pain was reduced by 19%
- 62 minutes of added productivity was gained per week

Intel: The "awake" program is rolling out to over 100,000 employees in 63 countries

- 20% reduction in stress
- · 30% increase in happiness and well-being scores

General Mills: 500 employees attended the Mindful Leadership Program

 83% of participants reported increased productivity after just eight weeks

Source: "The Busier You Are, the More You Need Mindfulness" by Shawn Achor and Michelle Gielan, HBR December 18, 2015

Source: "Evidence for Mindfulness: A Research Summary for the Corporate Sceptic" by Theo Winter, March 2016