

# Mindfulness in a work environment has been proven to

## EMOTIONAL AWARENESS

Improve awareness of our own behaviour and emotions, enabling more effective self-regulation and resilience

## PRODUCTIVITY

Create greater mental clarity and focus, increasing productivity as well as elevating our capacity

## HANDLING CHANGE

Expand perspective, improving ability to handle change

## UNDERSTANDING RELATIONSHIPS

Increase our capacity to read other people, improving understanding of relationships and needs

## INNOVATION & CREATIVITY

Create energy and space for innovation and creativity

## ENHANCING OUR FOCUS

Create safer working environments in high risk work by enhancing our focus on the present moment

## PROBLEM SOLVING

Improve critical thinking and ability to problem solve

## SENSE OF FULFILMENT

Connect our daily work to our purpose which gives us a greater sense of fulfilment and drive

## INTERPERSONAL RELATIONSHIPS

Encourage positive shifts in difficult team or interpersonal relationships by replacing habitual reactions with more considered responses

## MANAGING STRESS & DEAL WITH POSITIVITY

Improve our capability to manage stress, enabling us to deal positively with challenges created by workloads, deadlines and interpersonal conflict

### What Mindfulness is not:

- Intimidating and complicated - anyone can practice mindfulness in any setting
- A substitution for addressing environmental factors in high stress environments
- A time consuming practice - this isn't "adding" anything to your day, in fact it will relieve time pressure

We welcome you to speak to any of our team about mindfulness at work - whether it be answering your questions or working together to explore how best to introduce mindfulness practice in your business.

