MINDFULNESS

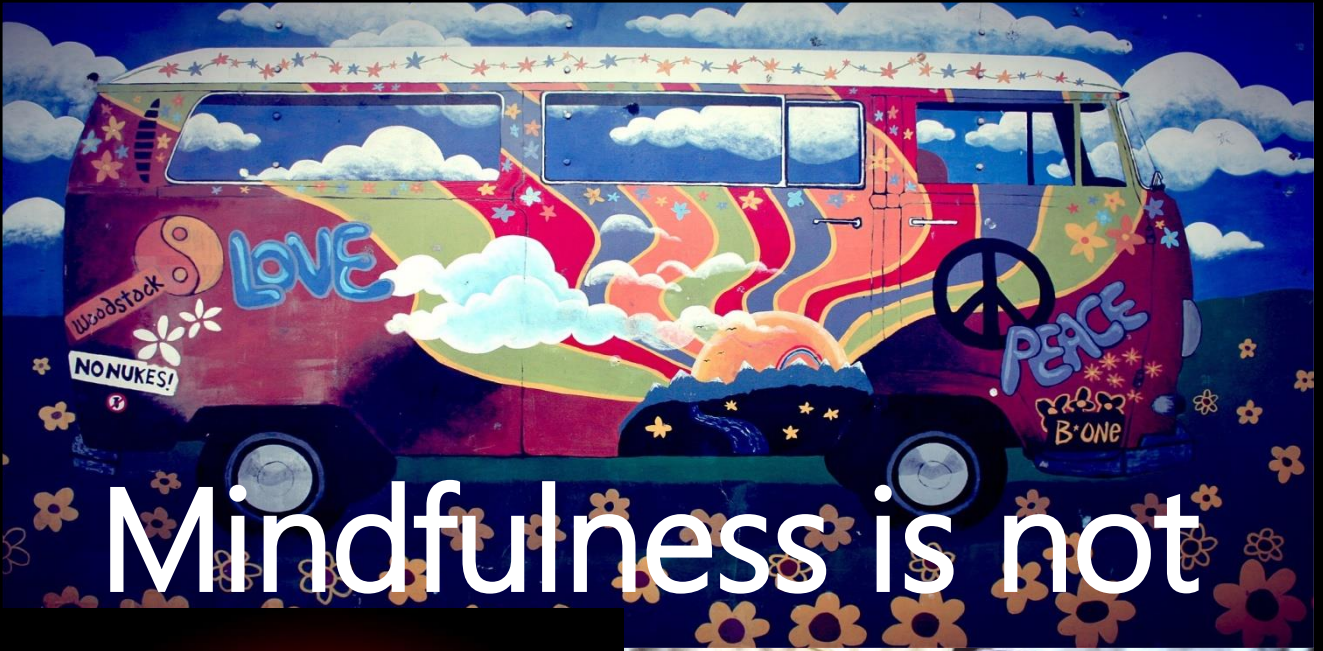
The essential skill for agile collaboration

Kathy G. Berkidge

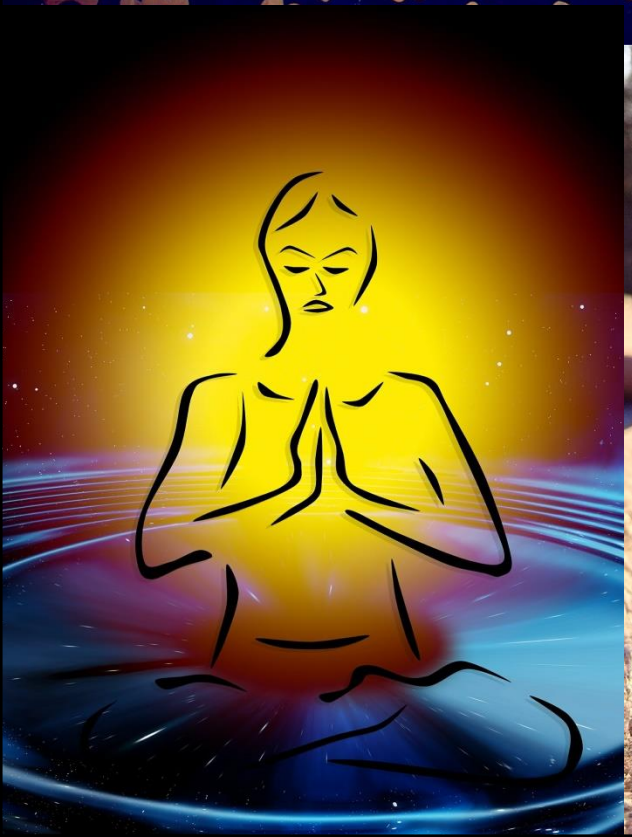
mind at work
CONSULTING

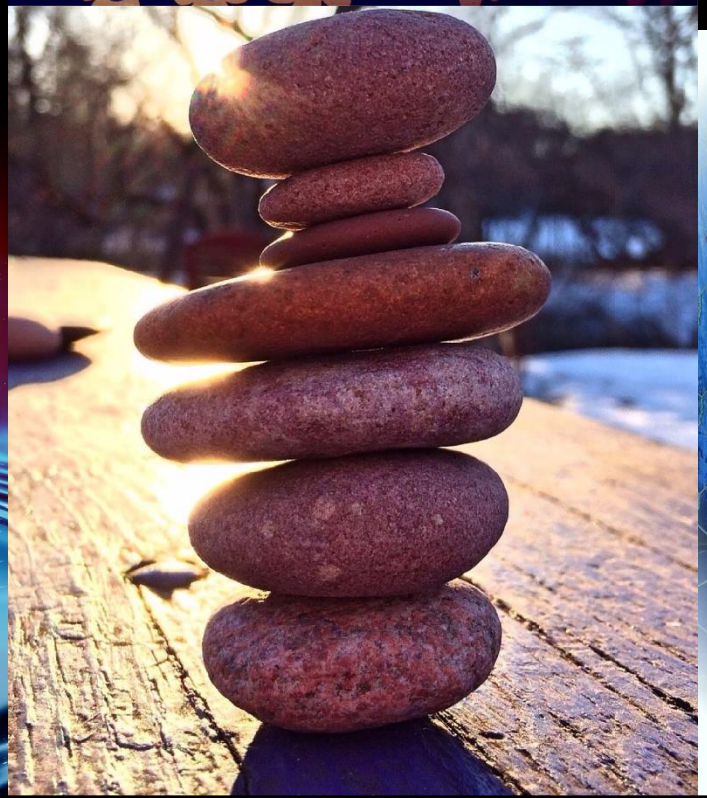
Choice
Held hostage or be free

Mindfulness
Quality or state of being aware



Mindfulness is not





Collaboration
Working together towards a shared and common goal

Team

Benefits to you

Clarity, creativity, calm

Benefits to the Team

Starts with you,
spreads to team

How

Informal – moment by moment

Formal – focus and meditate

When
Anytime, anywhere, anyhow

Who’s being Mindful?

- Ebay
- SAP
- Google
- LinkedIn
- Yahoo
- Unilever
- Nike

Recap

- Mindfulness is important to individuals as well as teams.
- There are many benefits of practicing mindfulness and adopting mindfulness practices.
- We can practice mindfulness anywhere and anytime to make mindfulness really work for us.

THANK YOU

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