



ELEVATING BUSINESS CULTURE

MINDFULNESS

For Business and the Workplace : 101

Chapter 1 : Welcome

Overview

CHAPTER ONE

- Overview of entire course
- Myths and Questions
- What is mindfulness?
- First practice
- Setting yourself up for success



What to expect in this course

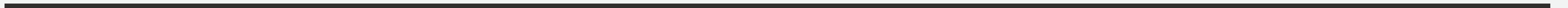
GROUNDING IN RESEARCH

SIX CHAPTERS, ONE PER WEEK

COMMON GROUND

PERSONAL PRACTICE

**LIBRARY OF BRIEF YET
POWERFUL TOOLS**



Is this course for you?



Do you have moments during the day or night where the constant stream of thoughts feels endless or out of control, like you “can’t get off the thought train?”

Do you have a hard time focusing at work, and at home after a long and stressful day?

Do you feel in control of your reactions?

MINDFULNESS IS ABOUT HAVING A BLANK MIND

IT IS SELFISH TO WORK ON MYSELF THROUGH THIS PRACTICE

Two common myths

A close-up, high-angle photograph of a person's face, focusing on the eyes which are closed. The skin is fair and the lighting is soft, creating a serene and contemplative mood. The person's ear is visible on the left side of the frame.

HOW LONG WILL IT TAKE TO SEE AND FEEL RESULTS?

I'M ALREADY SO BUSY. DO I HAVE TIME FOR THIS?

WILL THIS MAKE ME LOSE MY "EDGE?"

Common questions



What is mindfulness?

The ability to stay present, rather than rehearse the past or imagine the future.

Let's Practice

THREE DEEP BREATHS : LONG EXHALE



Step 1

Sit tall in a chair with your feet on the floor.

Relax through shoulders but keep spine upright.

Close eyes. Take a few deep breaths noticing where in your body you feel the breath.

Step 2

Inhale for a count of 2, 3 or 4.

Exhale slowly for a count of 4, 6 or 8...essentially doubling the length of the exhale.

Step 3

Practice this long exhale breath three times.

Slowly open your eyes, and notice any shifts that have taken place in just a brief moment of mindfulness practice.



Personal Practice

For the next seven days, practice the Three Deep Breaths mindfulness exercise 3 to 5 times a day.





10%

theory

90%

practice

Best of luck. See you in a week!