

# MINDFULNESS AT WORK

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Changing  
landscape of  
the challenges in  
current times.



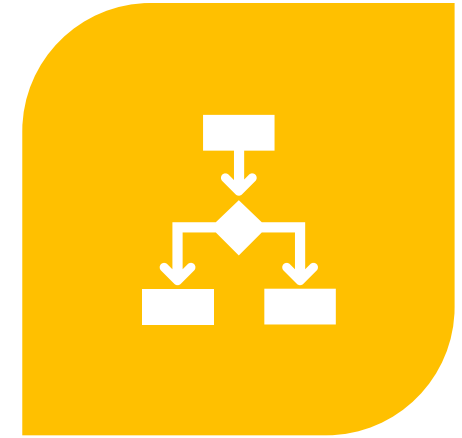
Name 5 top companies in the world?



FAST PACE OF CHANGE



OVERLOAD OF  
INFORMATION



MULTITUDE OF CHOICES

A 3D illustration of a person standing in a maze. The person is a simple, dark blue figure with a spherical head, standing on a light gray path that leads through the maze. The maze walls are dark gray and recede into the distance, creating a sense of depth. The lighting is dramatic, with a bright light source from the right, casting long shadows and highlighting the person and the path. The overall mood is one of isolation and uncertainty.

Lack of presence

# Attention Training

Meta-awareness

# Mindfulness

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*paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.*

*Jon-kabat-zinn*



**Developing a  
strong, stable,  
and perceptive  
attention that  
affords you  
calmness and  
clarity.**



Dealing	Dealing with a stress
Improving	Improving presence
Responding	Responding in a conscious manner – interpersonal skill
Thinking	Thinking with clarity

# Failure as a learning tool

# MINDSET

## Fixed Mindset


- Talent is more important
- Failure is a stigma
- Task and environment dependent
- Avoids challenges
- Gets disturbed by the feedback
- Hides or shies away from effort

## Growth Mindset

- Process is more important
- Failure is a part of the game
- Process dependent – continuous small steps
- Takes challenges
- Learns from the feedback
- Doesn't shy away from effort

# Cognitive Dissonance

The mental discomfort that results from holding two conflicting beliefs, values, or attitudes. People tend to seek consistency in their attitudes and perceptions, so this conflict causes feelings of unease or discomfort.



“A foolish consistency is the hobgoblin of little minds, adored by little statesmen and philosophers and divines.”

- Ralph Waldo Emerson



# Reference books

1. Wherever you go there you are - by Jon-Kabat-Zinn
2. The little book of mindfulness - by Dr. Patrizia Collard
3. Search inside yourself - by Chade-Meng Tan
4. The Power of now - by Eckhart Tolle
5. The Blackbox thinking – Matthew Syed
6. Mindset – Carol S Dweck

# Thank You



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