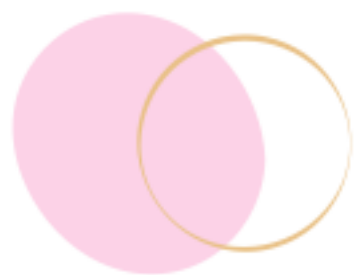


what the hell is that?



oh,
just my mind



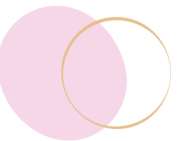
ELLEN CHOI

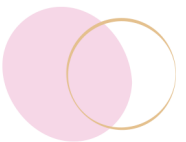
MINDFULNESS IN THE WORKPLACE



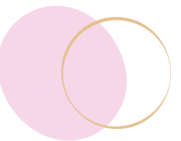
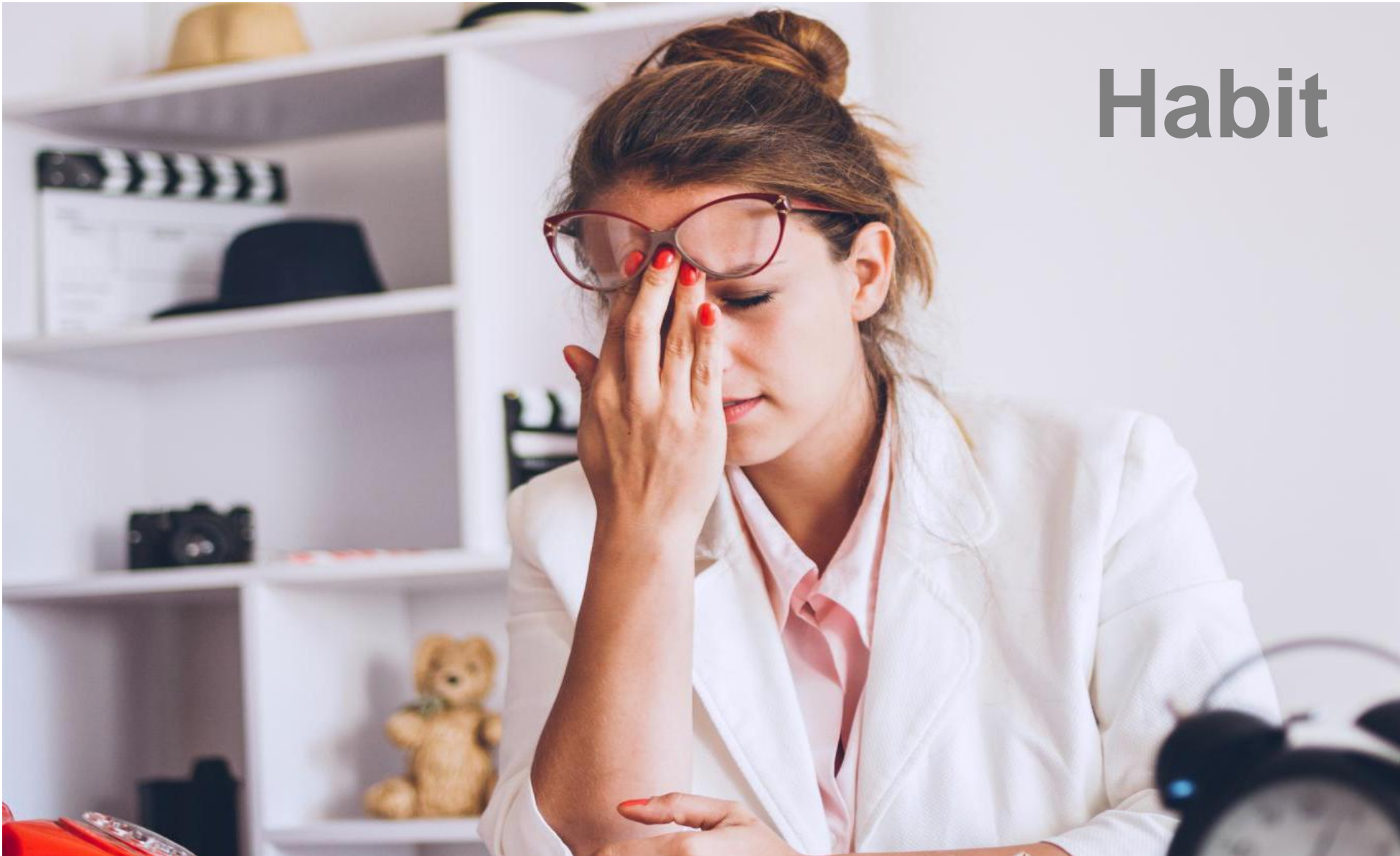


Fully
Integrated

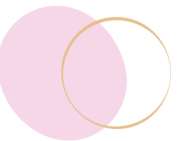
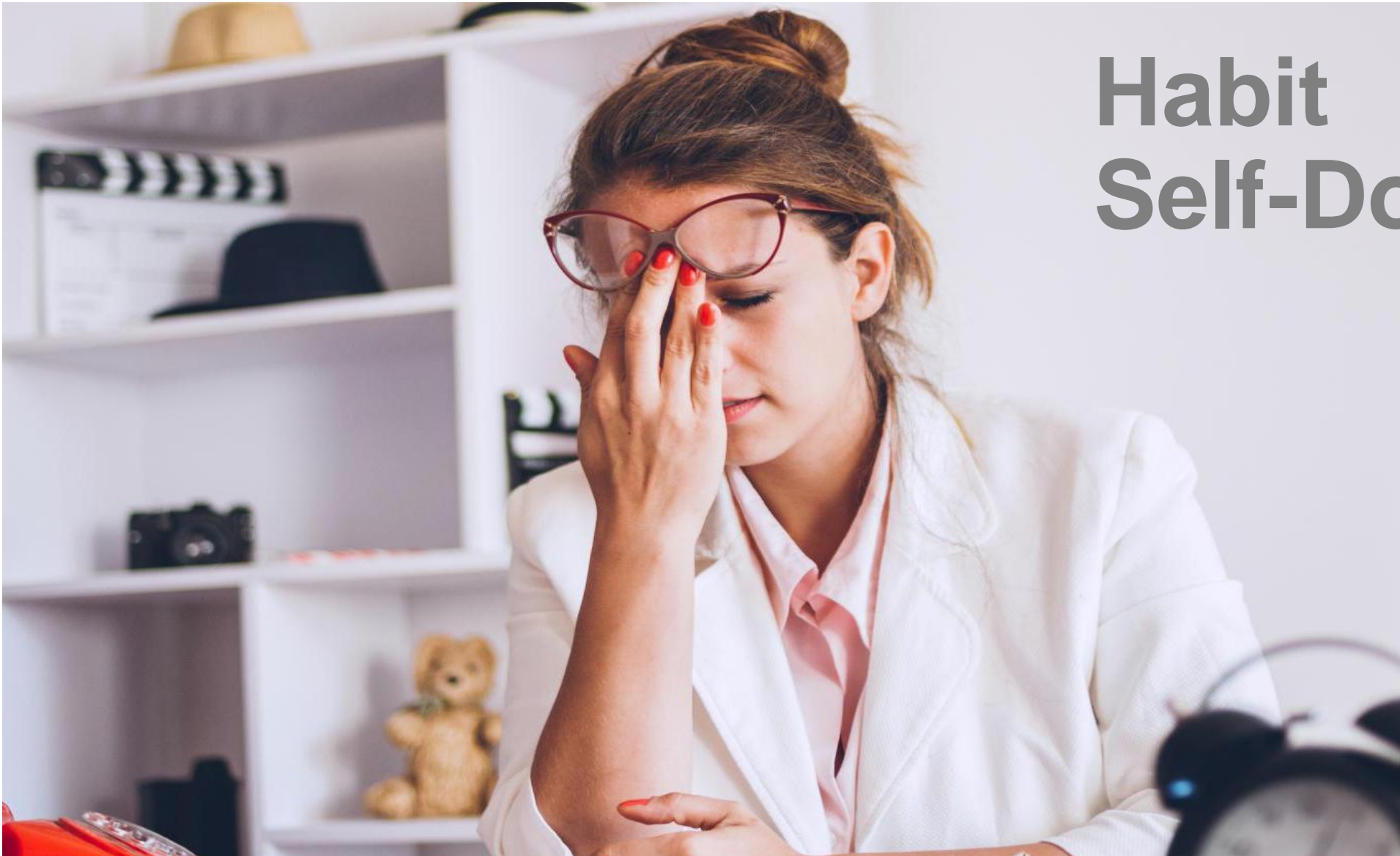




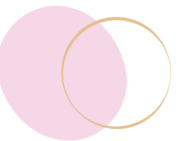
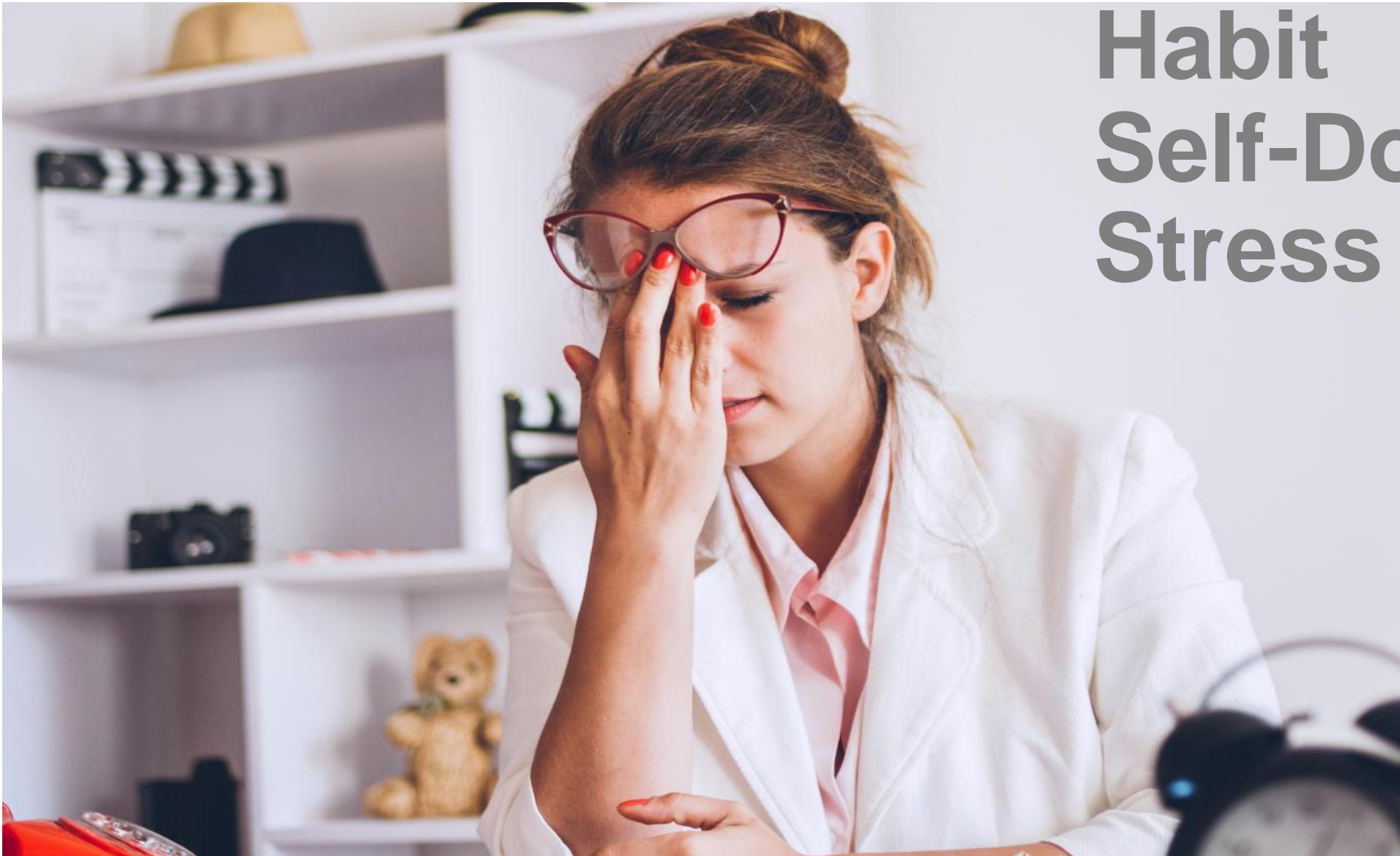
Habit




Habit Self-Doubt



Habit Self-Doubt Stress



A dramatic photograph of a turbulent ocean under a heavy, dark sky. The water is dark blue with white-capped waves, and the sky is filled with thick, grey clouds. The overall mood is somber and intense.

We live in a **volatile,**
uncertain, complex
and **ambiguous** world.
#VUCA

HBR.ORG

Harvard Business Review

JUNE 2016

42 **The Big Idea**
M&A: The One Thing
You Need to Get Right
Roger L. Martin

60 **Spotlight**
Leading the
Team You Inherit
Michael D. Watkins

104 **Managing Yourself**
Next-Gen
Retirement
Heather C. Vaughn et al.



“Always available” cultures breed problems. Here’s how to handle them. PAGE 84

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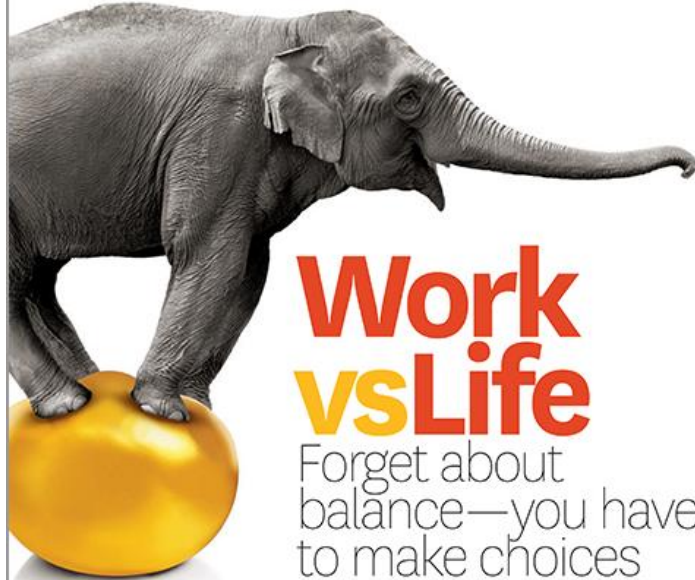
Harvard Business Review

MARCH 2014

112 **Managing Yourself**
The Rules of Trust
David DeSteno

80 **Marketing**
An Anthropologist
Walks into a Bar...
Christian Hadsbjerg and
Håkel B. Rasmussen

23 **Idea Watch**
Make Your Best
Customers Even Better
Eddie Yoon, Steve Carlotti,
and Dennis Moore



Work vsLife

Forget about
balance—you have
to make choices

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Harvard Business Review

JANUARY-FEBRUARY 2016

44 **The Big Idea**
Embracing Complexity
Martin Reeves et al.

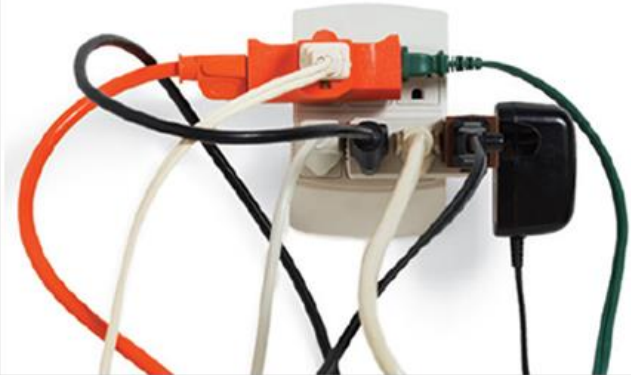
104 **Leadership**
Secrets of
Superbosses
Sydney Finkelstein

94 **Technology**
The Care and Feeding
of Algorithms
Michael Luca et al.

COLLABORATIVE OVERLOAD

YOUR MOST HELPFUL EMPLOYEES ARE
BURNING OUT. HERE’S WHAT TO DO ABOUT IT.

PAGE 57



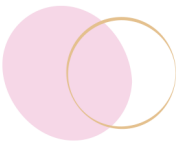




0% 



*CALM
IS A SUPER
POWER*

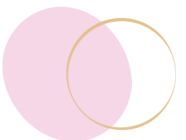


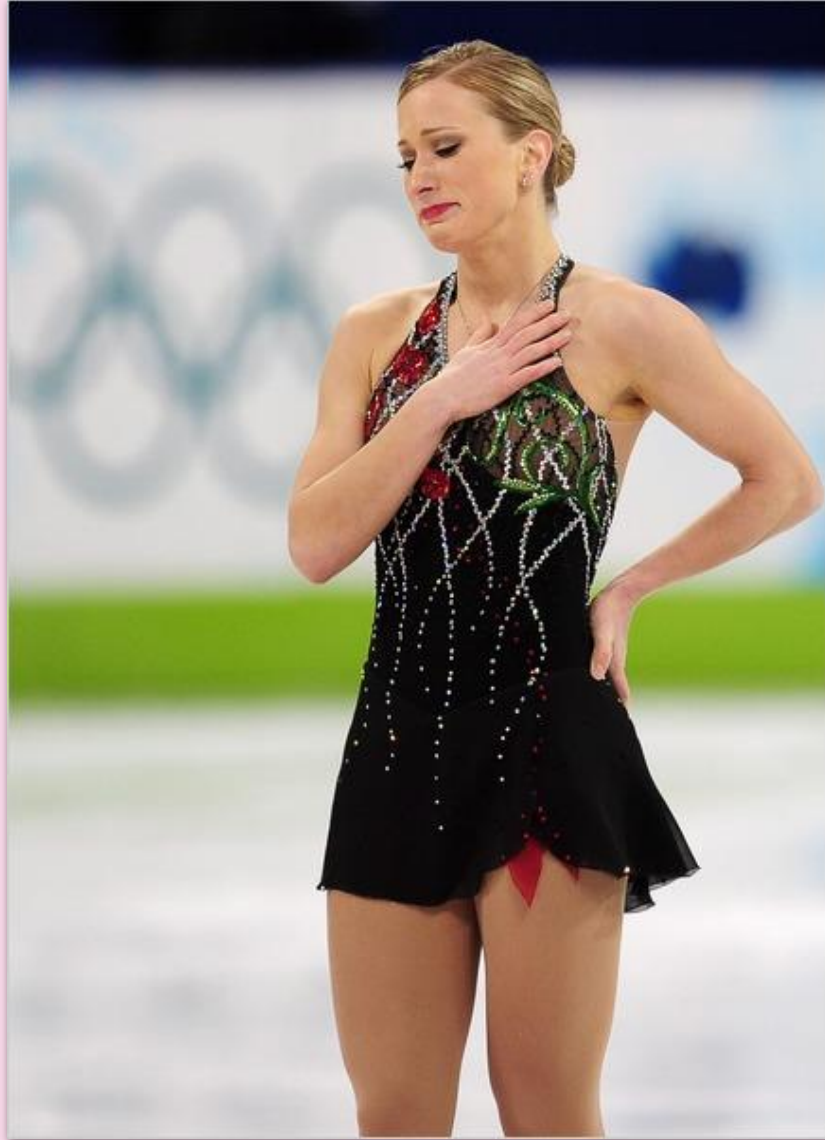


Seattle Seahawks

RUSSELL WILSON, QB
SEATTLE SEAHAWKS

Winners of the 2014 Super Bowl, The Seahawks are one of the first pro sports teams to use mindfulness in their training regime.





Joannie Rochette

2014 WINTER OLYMPICS
BRONZE MEDALIST
CANADIAN FIGURE SKATER

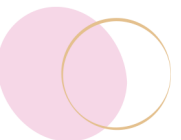
What is Mindfulness?

Awareness

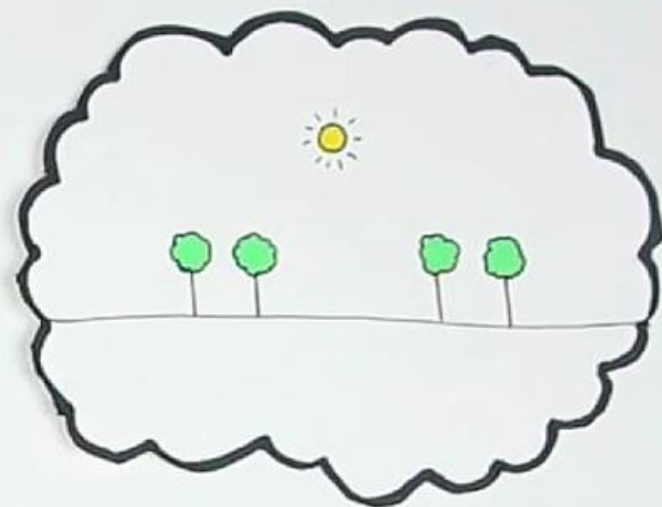
Attitude

Intention

(Shapiro et al., 2006)





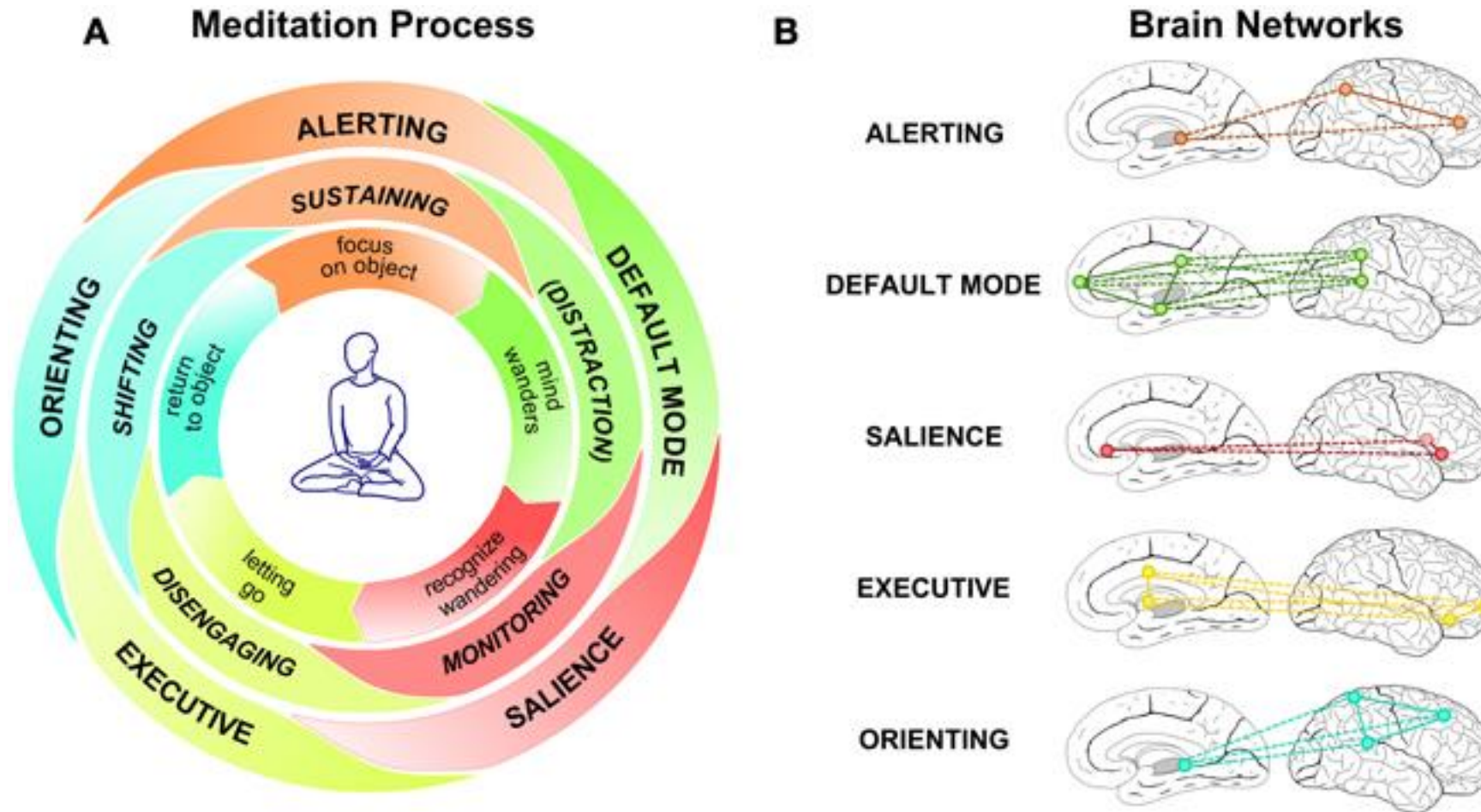


mind full or mindful ?

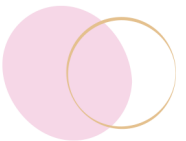


A taste of Mindfulness

Awareness | Neural Mechanisms of Focus

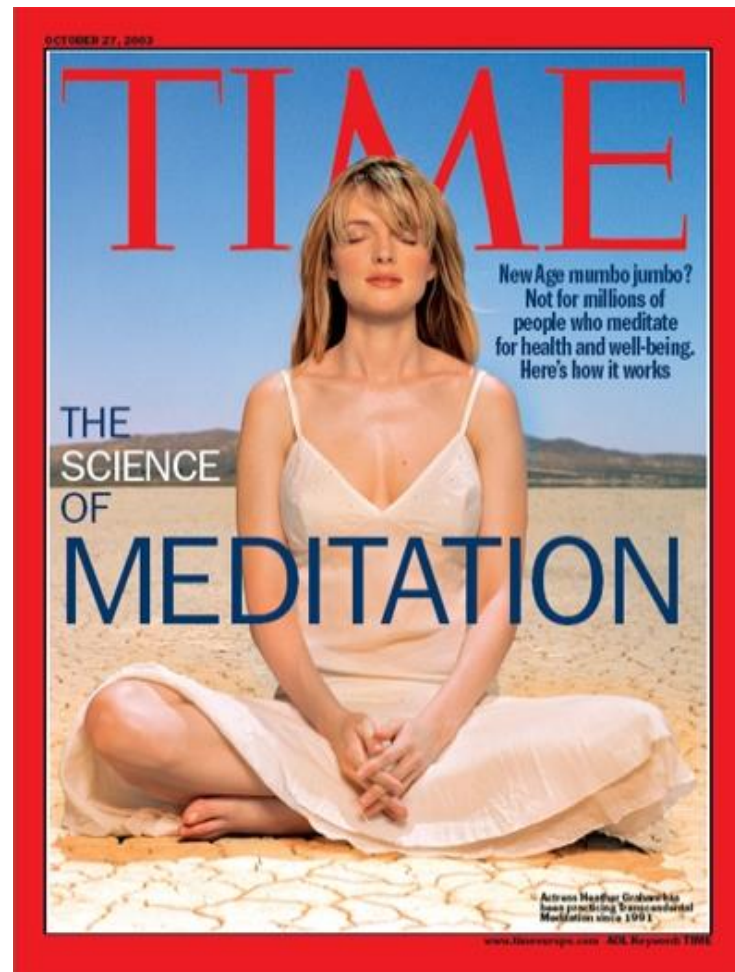


(Malinowski, 2013)

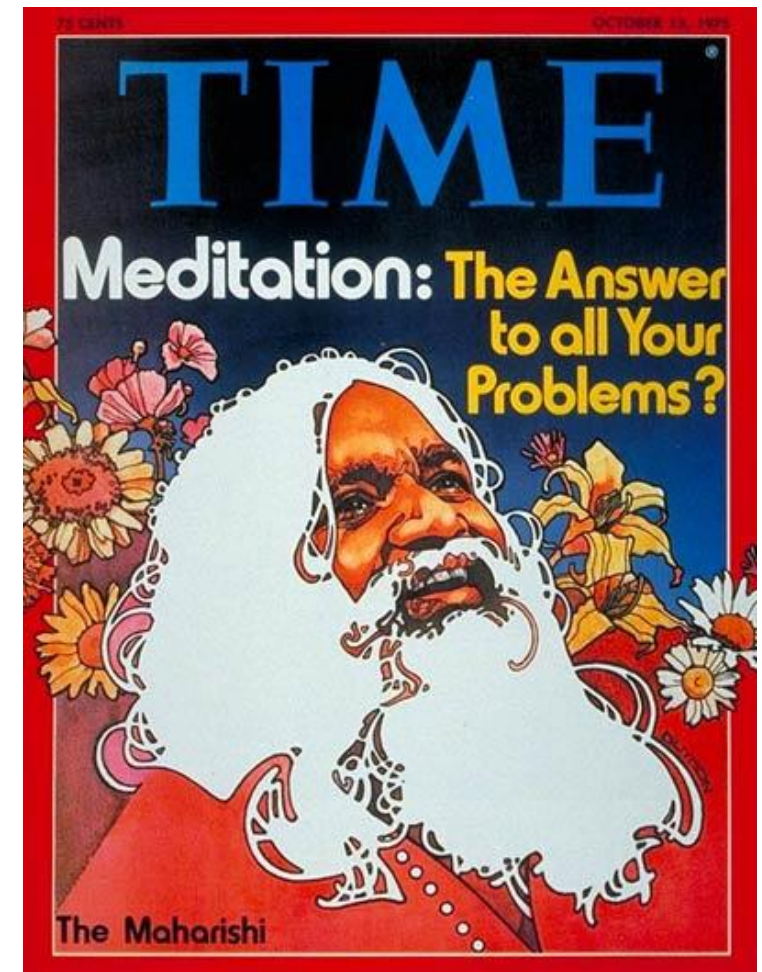




2015



2003



1975



facebook®

McKinsey
& Company



HARVARD
MAGAZINE



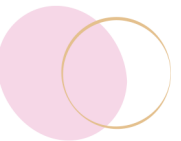
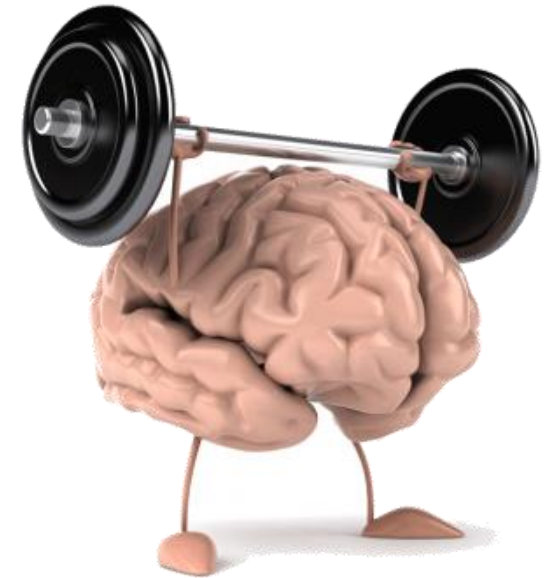
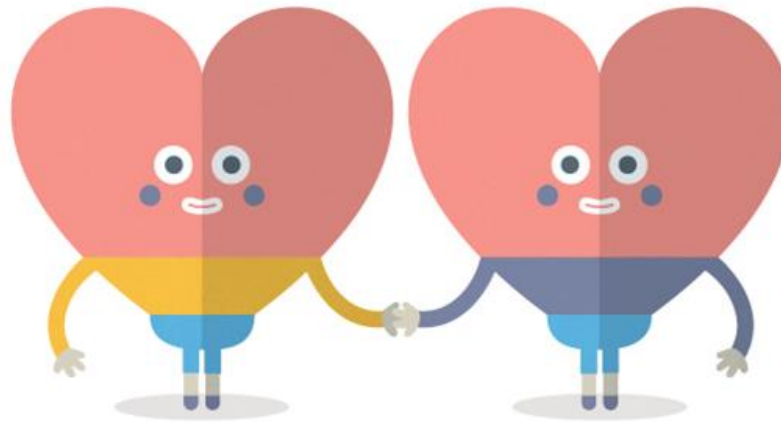
Linked in

Google

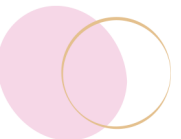
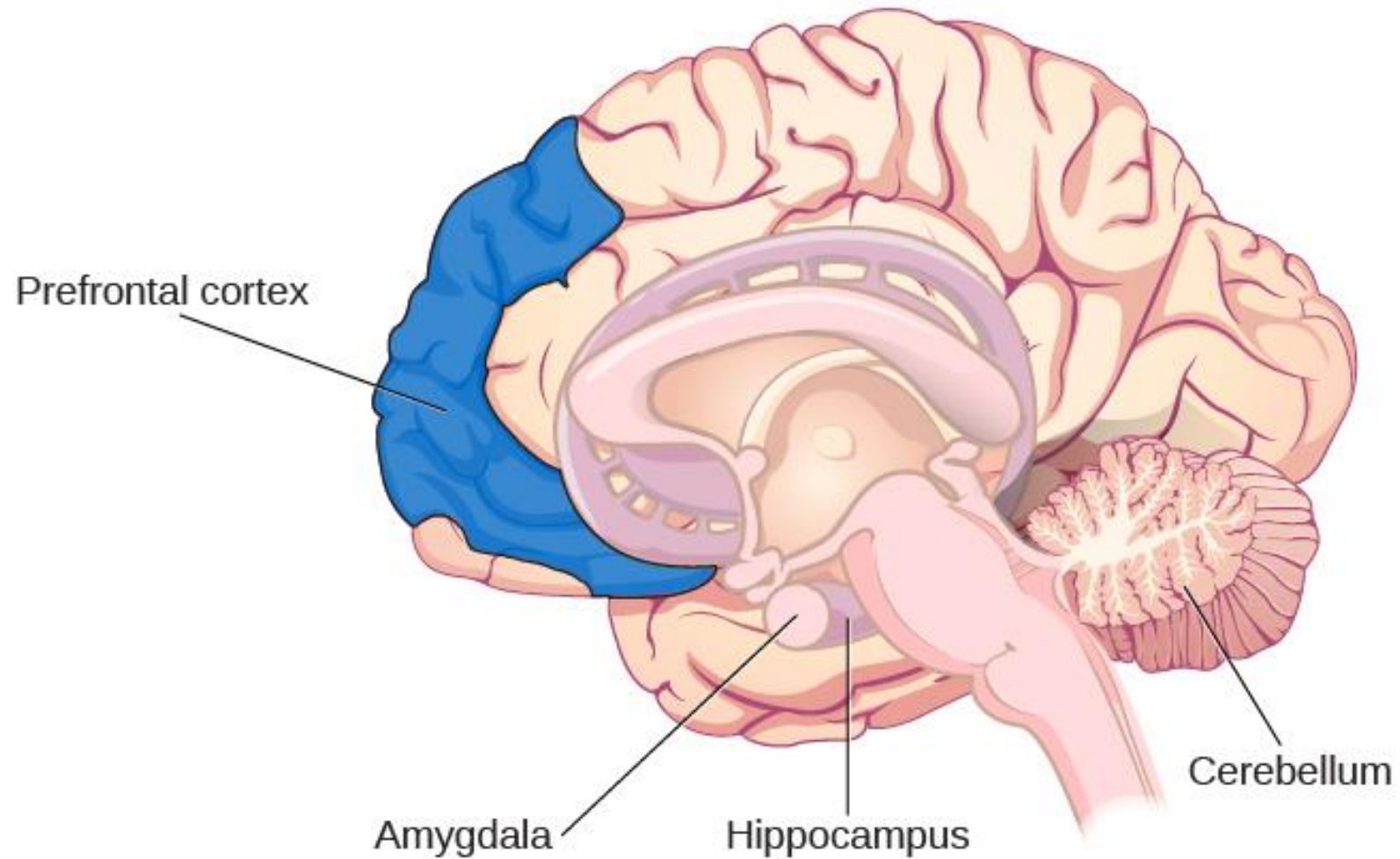
WORLD
ECONOMIC
FORUM

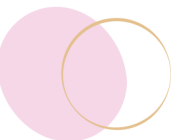
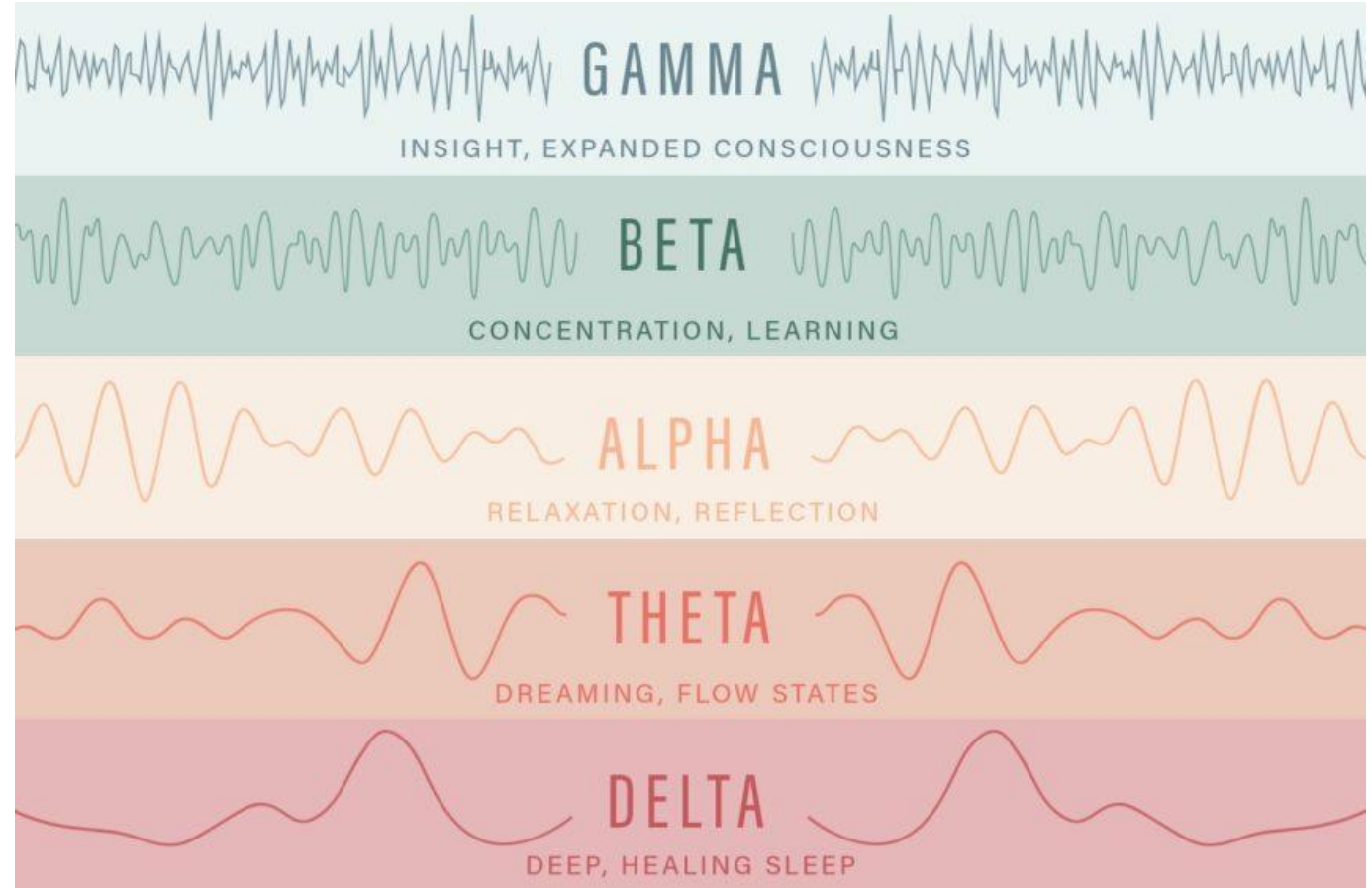
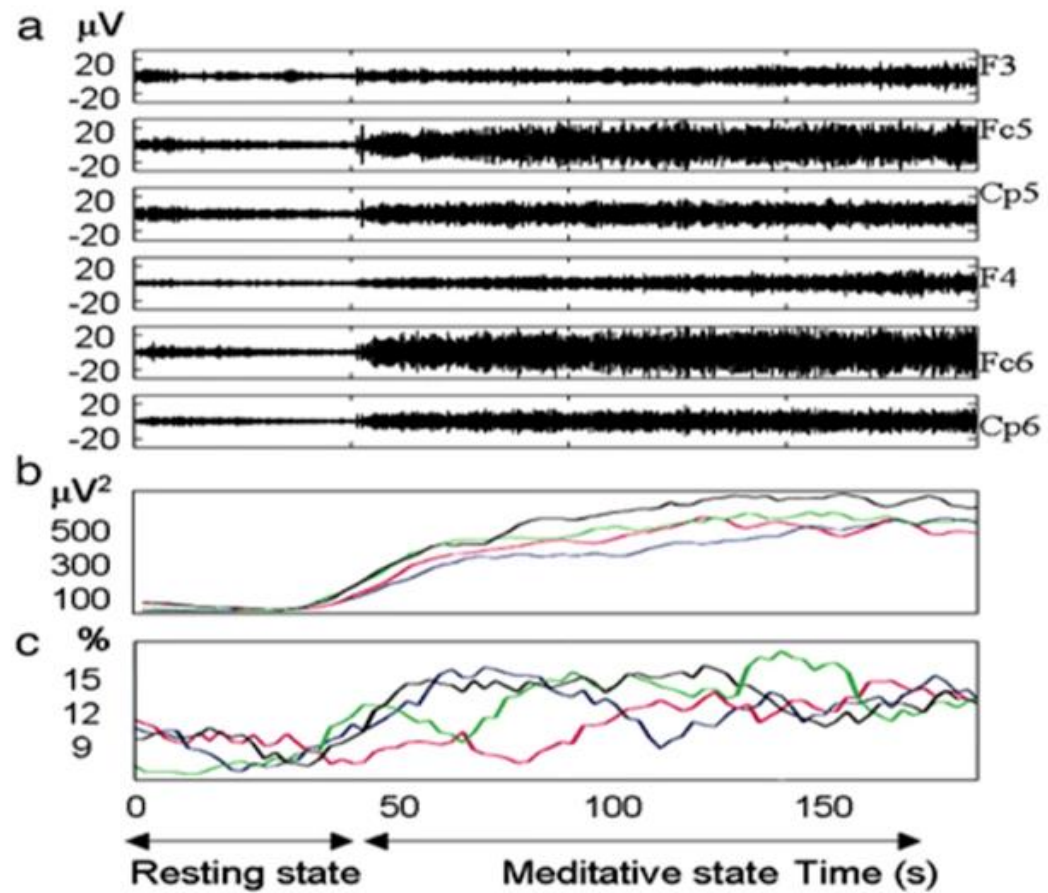


The Empirical Benefits of Mindfulness



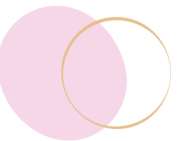
The Neuroscience







Habits



“

RESEARCHERS HAVE
SETTLED ON WHAT
THEY BELIEVE IS THE
MAGIC NUMBER FOR
TRUE EXPERTISE:
TEN THOUSAND HOURS

”

— *Malcolm Gladwell, **Outliers***

**AUTO
PILOT**



Shoshin



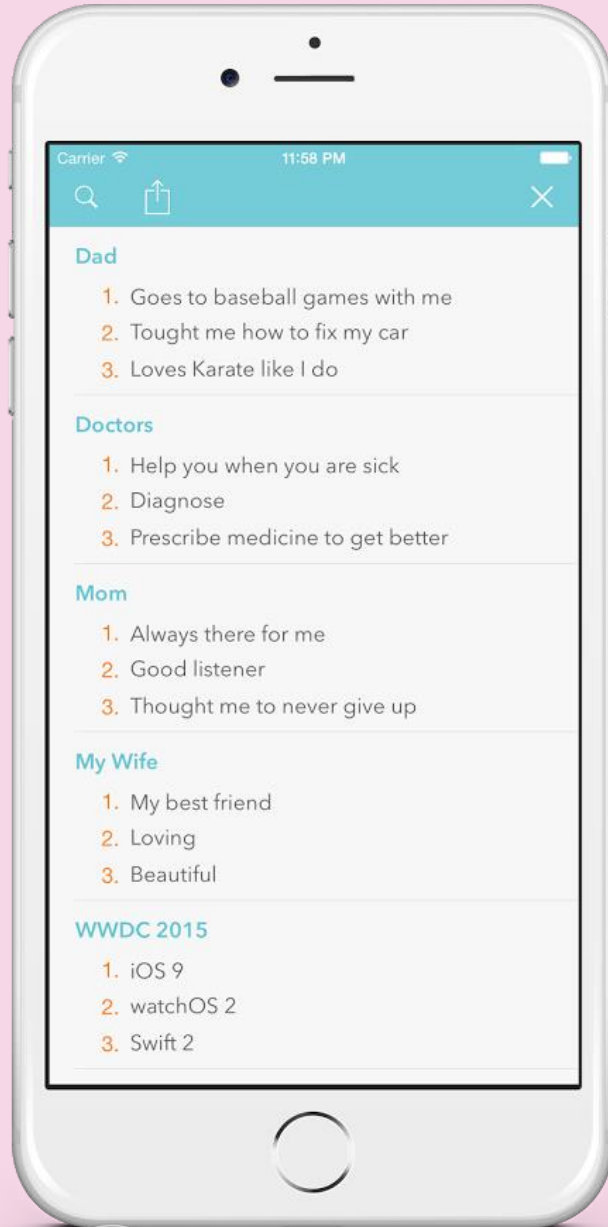
(N.) THE PRACTICE
OF SEEING LIFE
WITH WONDER.

RAS

RETICULAR
ACTIVATING
SYSTEM



What you
focus on
becomes
your reality.



PRACTICE — GRATITUDE

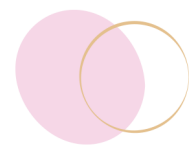
1 Person in your life

1 Thing about your work

1 Aspect of yourself

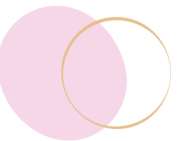


Change
your
routine.
Form new
habits.





Self-Doubt

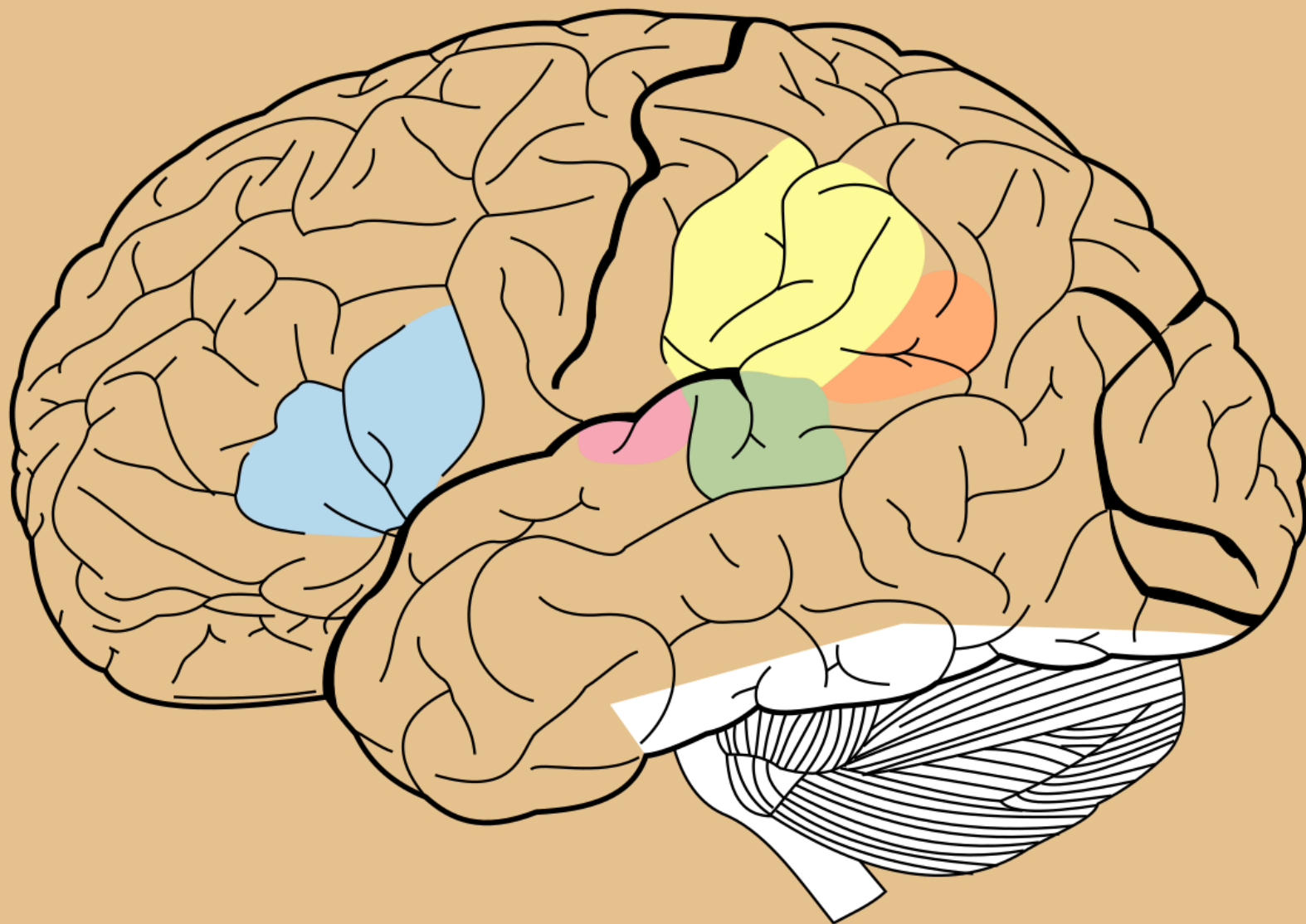


A black and white photograph of Richard Branson, an older man with long, wavy grey hair and a beard, smiling broadly. He is wearing a light-colored, possibly white, button-down shirt. The background is out of focus, showing what appears to be a body of water and a distant shoreline.

**“
REALISE
THAT YOU
ARE THE
ONLY THING
STOPPING
YOU**

”

— *Richard Branson*



Default
Mode
Network





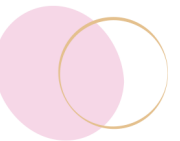
**Momentary
Sensation**



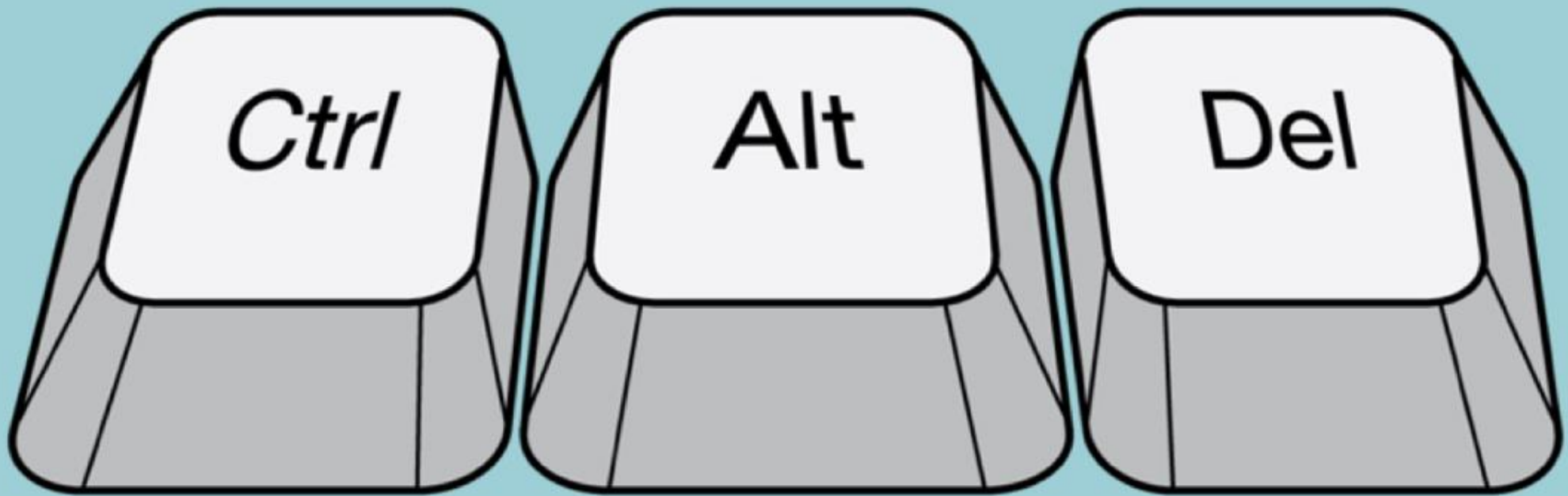
Narratives

Evaluation

Goals



Take a Break.





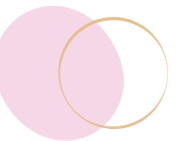


Boundaries

**Some mail just
needs to be
returned back
to the sender.**



Stress





SELF-REGULATION

The ability to monitor and control our own behavior, emotions, or thoughts, altering them in accordance with the demands of the situation.

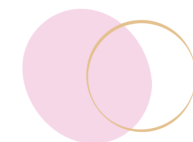
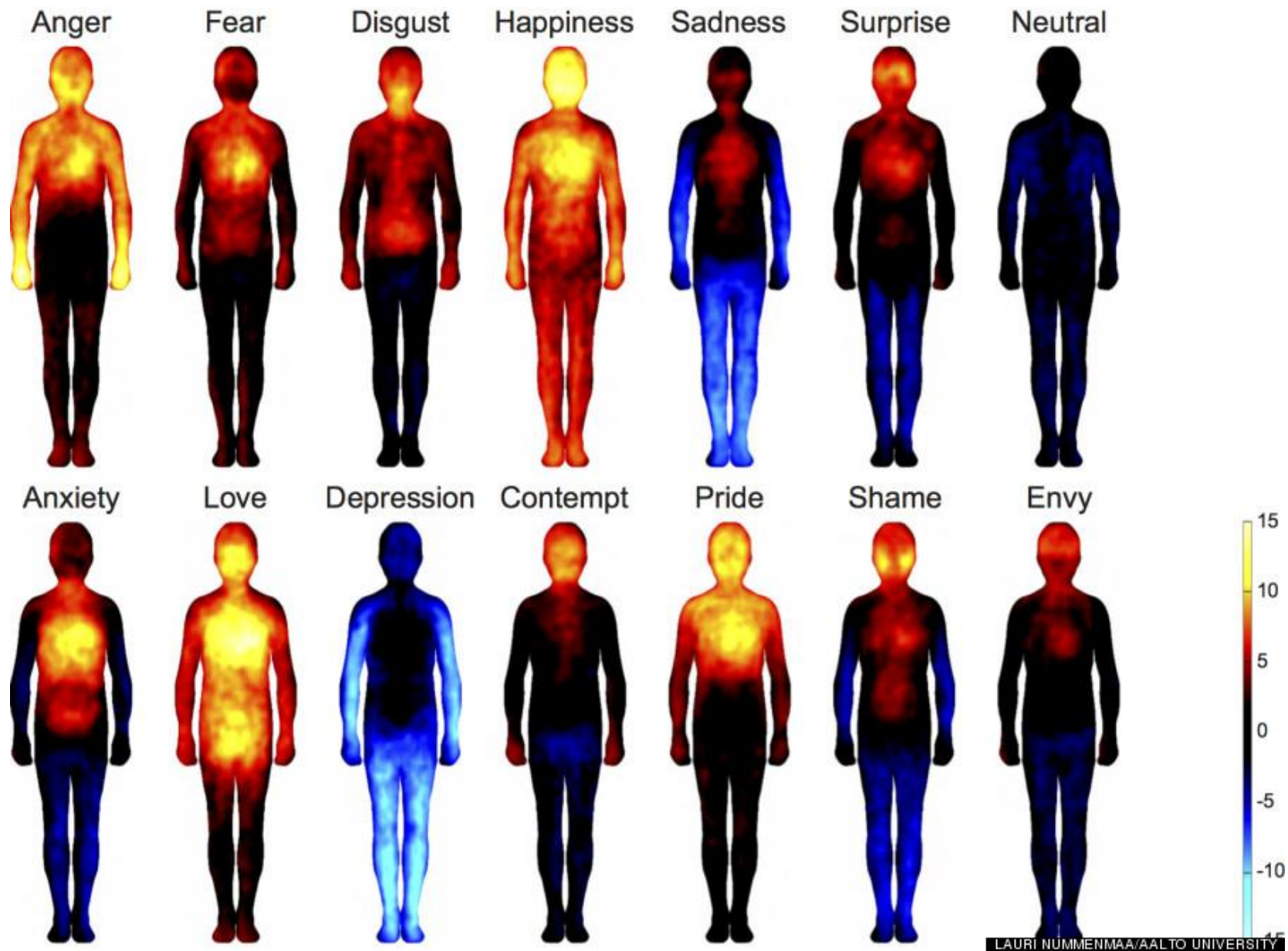


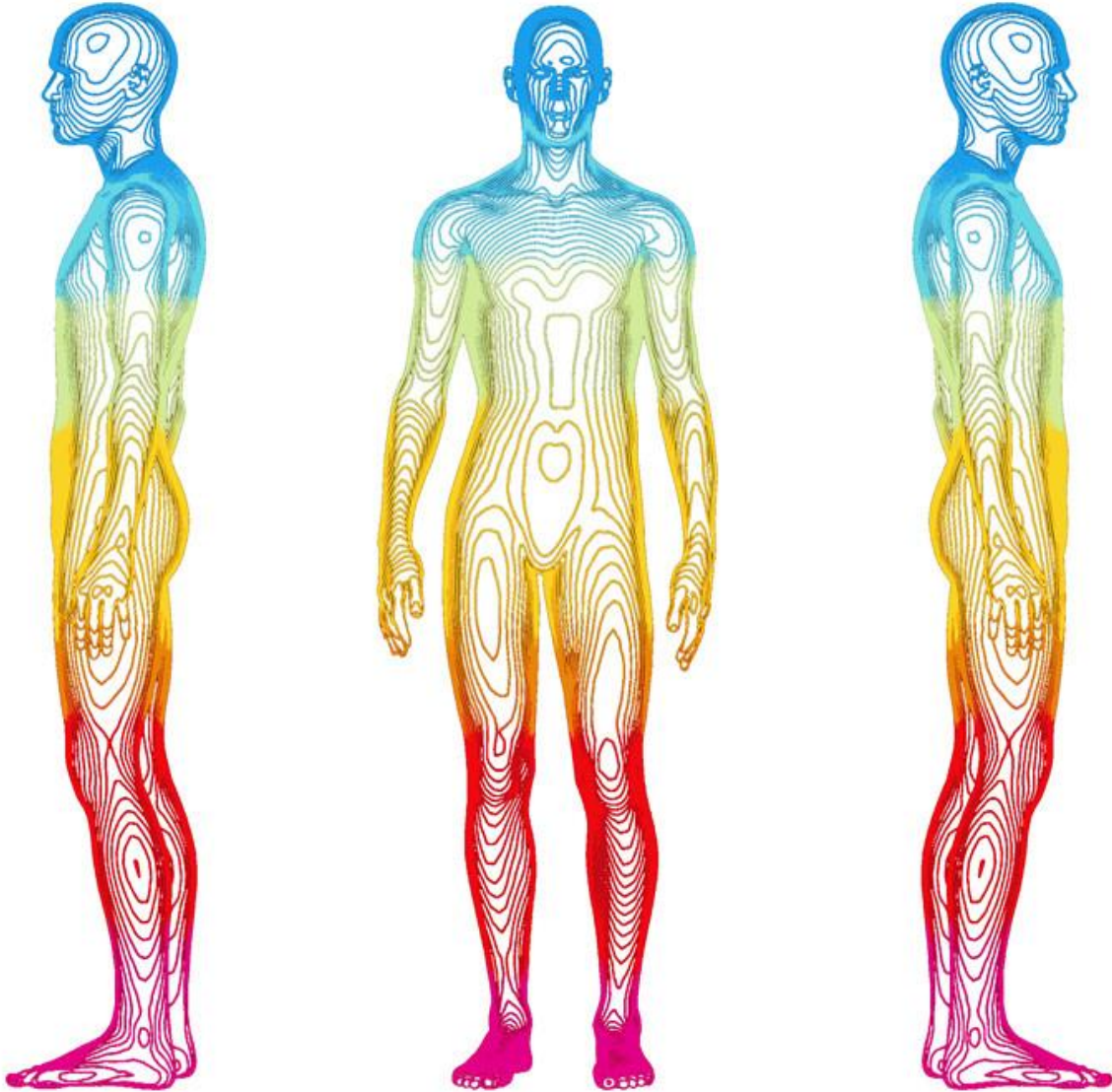


The image is a stylized illustration of an iceberg floating in a blue ocean under a clear blue sky with white clouds. The iceberg is split horizontally by the water line. The portion above the water is white and jagged, representing the visible part of the iceberg. The portion below the water is a darker blue and much larger, representing the hidden part. The text 'Results Behaviour' is written in a dark grey font on the white part of the iceberg. The text 'Thoughts Feelings Emotions Physiology' is written in a white font on the blue part of the iceberg. Several small, dark blue fish are scattered in the water around the iceberg.

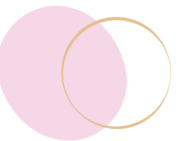
Results
Behaviour

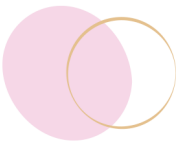
Thoughts
Feelings
Emotions
Physiology





Practice — Mindful Movement & Body Scan



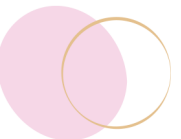


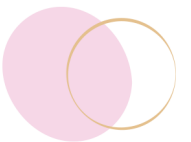




Closing Dedication

Two or more people that stand to benefit from you practicing mindfulness...

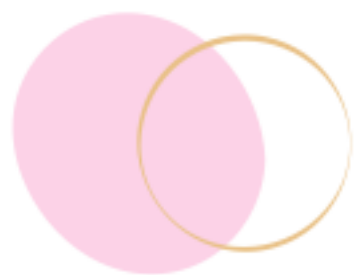






www.drellenchoi.com

Thank you!



ELLEN CHOI

MINDFULNESS IN THE WORKPLACE