

A decorative watercolor illustration of various flowers and leaves in shades of pink, blue, green, and yellow, framing a central white text box.

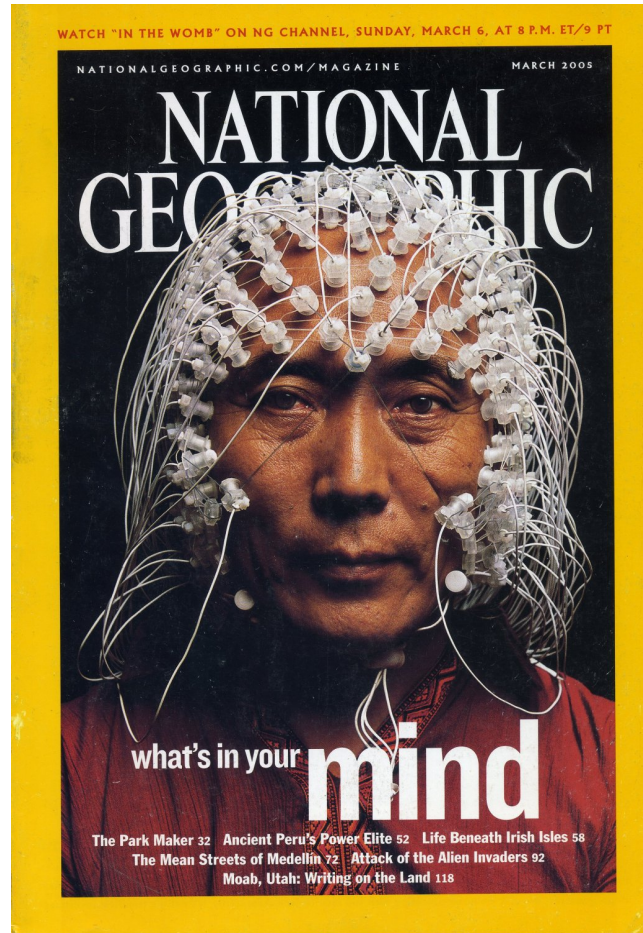
MINDFULNESS FOR WORKPLACE FLOW

NZNO CONFERENCE
2018 Nurse Managers
New Zealand

The Benefits of Neuroscience Based Mindfulness Training

REDUCES

- Absenteeism
- Stress
- Anxiety
- Depression
- Blood pressure
- Addictions
- Insomnia
- PTSD
- Pain

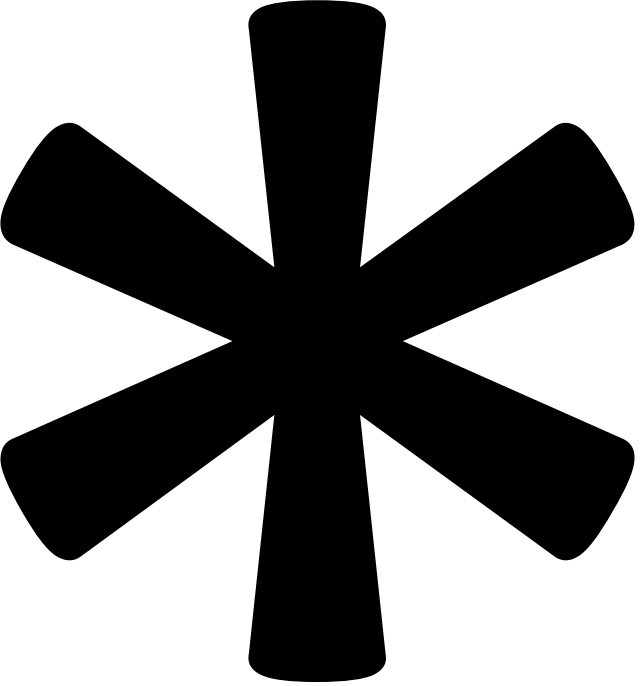


IMPROVES

- Performance
- Productivity
- Focus
- Memory
- Relationships
- Immune System
- Healing Time
- Self Control
- Creativity
- Cardio Vascular Health



If practiced consistently over time



MINDFULNESS MEANS

Paying attention in a particular way, on purpose, in
the present moment non-judgmentally.

Jon Kabat-Zinn

An iceberg floating in a deep blue ocean under a bright blue sky with wispy clouds. The visible tip of the iceberg is small and jagged, while the submerged portion is much larger and more complex in shape. The text "INTENTION & ATTENTION" is overlaid in white, bold, sans-serif capital letters across the middle of the image, positioned over the submerged part of the iceberg.

INTENTION & ATTENTION

THE MIND LOVES AUTO PILOT



THE CLARITY YOU DESERVE

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THE MIND AUTO PREDICTS

THE CLARITY YOU DESERVE

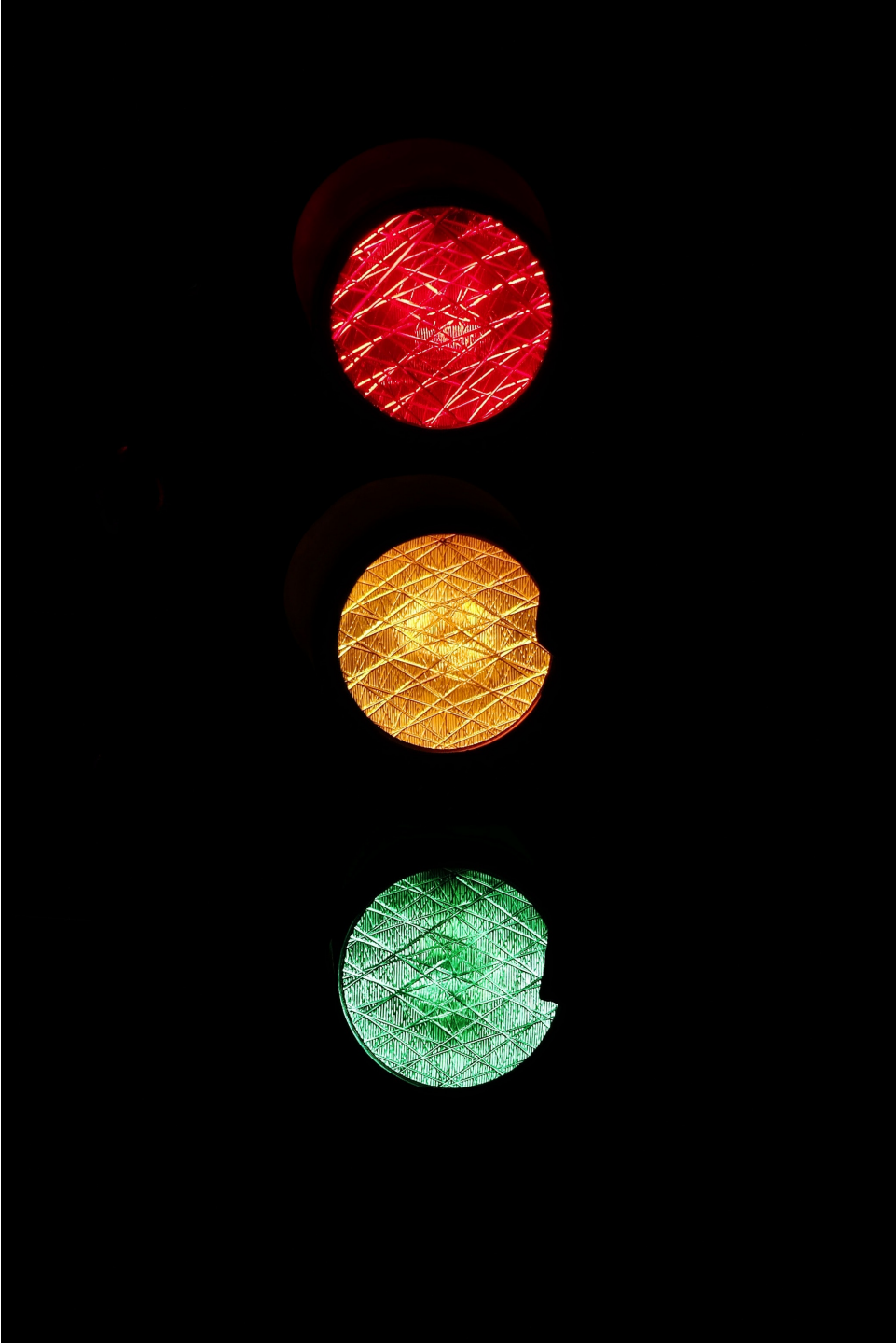
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“Any time you pay attention to body sensation you are giving a workout to your insular cortex, the part of the brain that is most needed for self-regulating before, during and after stress. This also sends the cue to the brain that the body is supported and stable right now.”

Dr. Liz Stanley,

Author, Researcher, and Founder of Mind Fitness Training Institute





P R E S S I N G P A U S E

- STOP what you are doing
- TAKE one to five conscious breaths & smile
- OPEN, SOFTEN, OBSERVE the sensation of the body and notice what you are thinking about.
- PROCEED



Harvard Unveils MRI Study Proving Meditation Literally Rebuilds The Brain's Gray Matter In 8 Weeks

BY BRENT LAMBERT • NOVEMBER 19, 2014 • HEALTH, NEUROSCIENCE, SPIRITUALITY • COMMENTS (0) • ♡977634



Test subjects taking part in an 8-week program of mindfulness meditation showed results that astonished even the most experienced neuroscientists at [Harvard University](#). The study was led by a Harvard-affiliated team of researchers based at Massachusetts General Hospital, and the team's MRI scans documented for the very first time in medical history how meditation produced massive changes inside the brain's gray matter. "Although the practice of meditation is associated with a sense of peacefulness and physical relaxation, practitioners have long claimed that meditation also provides cognitive and psychological benefits that persist throughout the day," says study senior author [Sara Lazar](#) of the MGH [Psychiatric Neuroimaging Research Program](#) and a [Harvard Medical School](#) instructor in psychology. "This study demonstrates that changes in brain structure may underlie some of these reported improvements and that people are not just feeling better because they are spending time relaxing."

Home / Business / Workplace

SEPTEMBER 11 2016

SAVE PRINT

Why we need mindfulness in the workplace

Michael Bunting

f SHARE TWEET ✉ MORE

If you've ever wondered what one thing Google, General Mills, Target, Goldman Sachs, JP Morgan, and Oprah Winfrey have in common, it is a commitment to mindfulness practices in their workplace.

Once associated with a highly spiritual lifestyle set apart from the mainstream, mindfulness training courses are becoming the norm in huge corporations in big cities around the world. Companies are finding it reduces stress and absenteeism, increases productivity, develops better leaders, and generates more creative workplaces. It also enhances cognitive thinking skills and triggers more imaginative solutions.



HUFFPOST AUSTRALIA

Here Are 11 Everyday Superfoods That ...



Copcats In The Luxury Sector: Good Or ...



MOST POPULAR

- 1 'Living pay-to-pay just to get phone credit'
- 2 Richlister drops \$30 million but still in front

THE CLARITY YOU DESERVE

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EMERGENCY





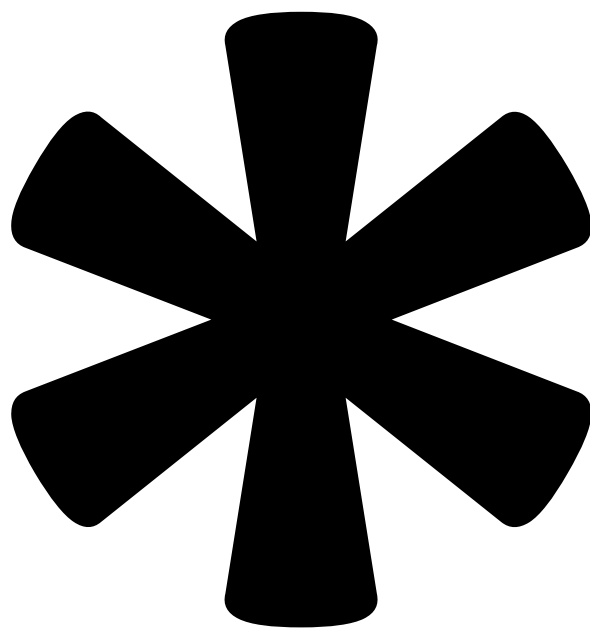




Mindfulness for Leadership

“The main business case for mindfulness is that if you’re fully present on the job, you will be a more effective leader, you will make better decisions, and you will work better with other people.”

William George
former chief executive of healthcare
giant Medtronic



MINDFUL COMMUNICATION

Introduce Yourself

What have you understood so far about mindfulness and how this might help with recruitment and retention of staff.

- A talks and B listens (bell)
- Switch roles (bell)
- Free-flow conversation

Between stimulus and response, there is a space.
In that space lies our freedom and our power to
choose our response. In our response lies our
growth and our happiness.”

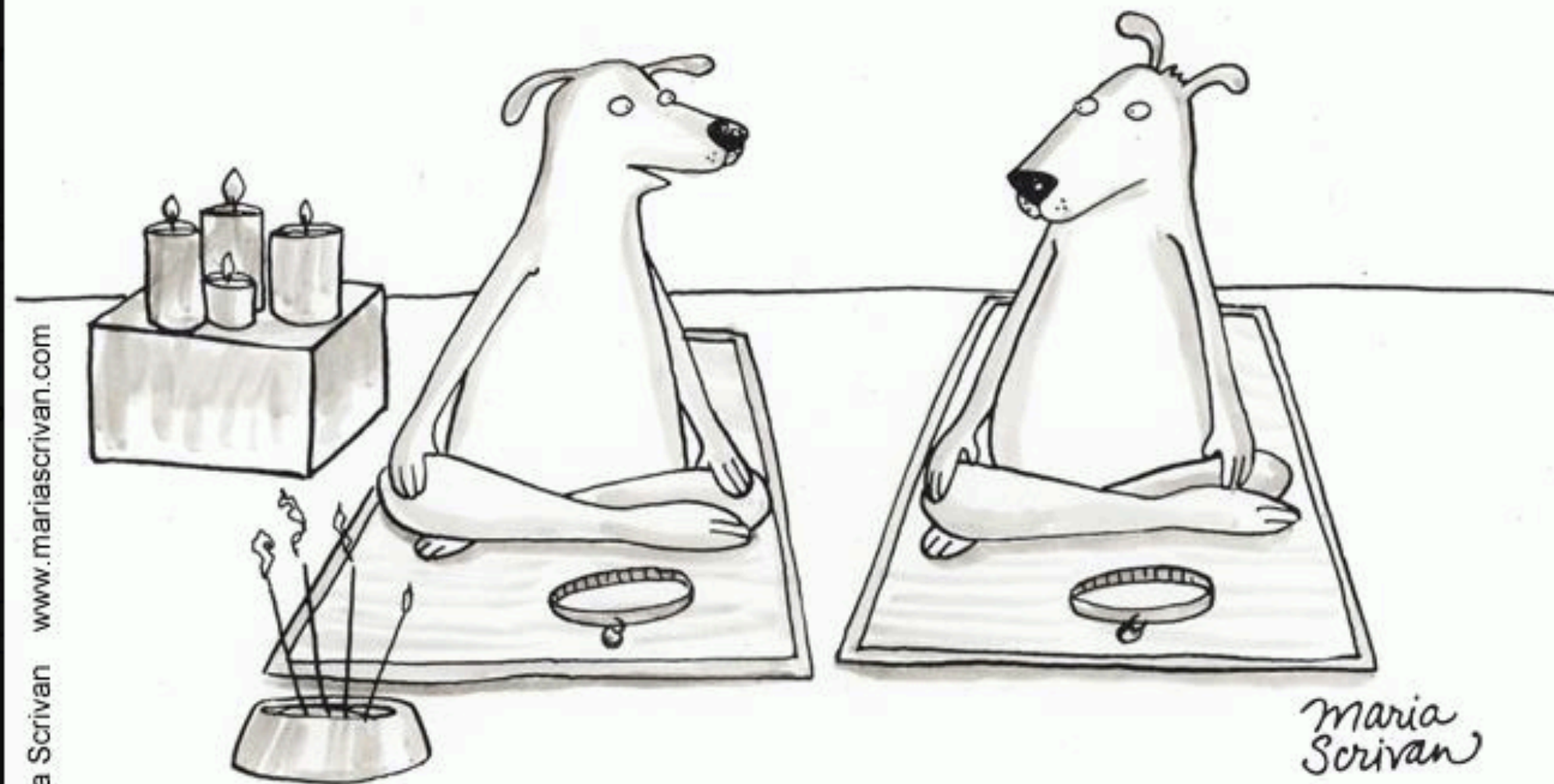
Viktor Frankl
(Holocaust survivor)



You can't stop the waves,
but you can learn to surf.

Jon Kabat-Zinn

quote fancy



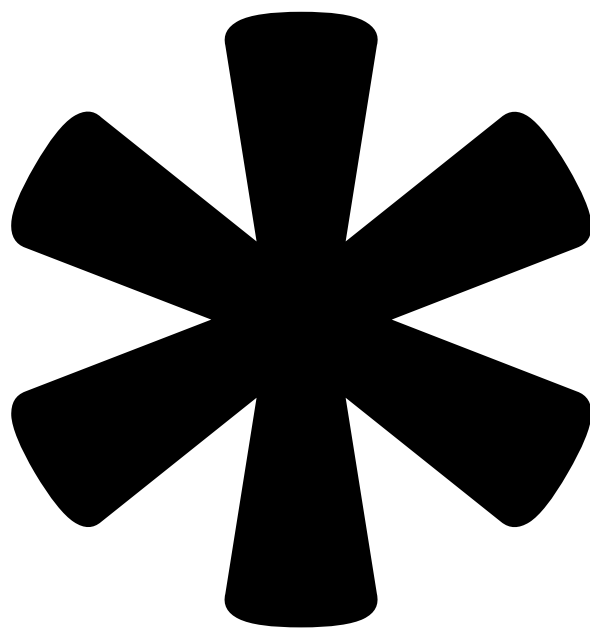
Maria
Scrivan

"The key to meditation is learning to stay."

Increasing Mindfulness at Work

- Be aware - formal practice 2 minutes to 20m
- STOP, Take five breaths, Observe. Proceed
- Do one thing at a time
- Take time out (90m to 2 hours)
- Eat lunch somewhere else mindfully
- Listen & talk in presence
- Note accomplishments





A watercolor illustration of various flowers and leaves in shades of pink, blue, green, and yellow, arranged in a circular pattern around a central white rectangle.

KATE MCLEAY

WELLBEING & WONDERMENT

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