

Using Mindfulness to Improve Business

What is 'Mindfulness'?

Mindfulness originated from Eastern philosophy and is a series of techniques that train our minds to focus on the present moment, non-judgementally and with purpose. There is research evidence linking mindfulness with higher levels of wellbeing, confidence, resilience and clarity. Mindfulness has also been demonstrated to improve decision making and communication. Lots of organisations are now using Mindfulness approaches in the workplace e.g. Transport for London, Google, PwC, Apple, Proctor and Gamble the UK Civil Service and Parliament.

Mindfulness for Hard Nosed Managers!

A few months ago, a large corporate client asked me to design a Mindfulness course that would be acceptable to hard-nosed managers. I quickly realized that the only way that I was going to make a Mindfulness course acceptable to hard-nosed managers was by making the course very business focused and adapting the language of Mindfulness to make it more appealing to business users. I was very careful to only chose Mindfulness exercises that clearly related to improvement in certain areas of business e.g. decision making, improving business relationships, communication etc. This made it easier to show managers how Mindfulness could be useful for them and made it more likely that they would want to attend the course.

The research evidence in support of the various mindful techniques is still emerging and there is good evidence of Mindfulness being effective in certain circumstances and less so in others. I have been investigating this and I will shortly be publishing something about the circumstances in which Mindfulness is most likely to be successful in achieving the wellbeing outcomes that you are looking for. In the meantime, if you need any help in implementing wellbeing solutions that impact positively on the bottom line, do get in touch.

- *Have you introduced Mindfulness to your work place?*
- *How did your managers react?*
- *What impact did it have on your bottom line?*