



Thriving from Within: Mindfulness for Work and Life

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Set Your Anchor

1. Take an index card and a pen.
2. Write one word for what you want to **bring** or hope to **receive** over the next few days.
3. Share your word, and why you chose it, with a partner.
4. Carry it with you through the conference.



Session Goals

Learn

- Learn core mindfulness concepts and how they apply at work and in life

Experience

- Experience mindfulness exercises for cultivating present-moment awareness

Explore

- Explore simple practices that build presence and connection in your daily routines

What We'll Explore

- Welcome
- Opening Mindfulness Activity: Set Your Anchor
- What is Mindfulness?
- Why Mindfulness Matters
- Mindfulness Practices to Explore
- Insight Circle: Small Group Reflection
- Wrap Up: Returning to Your Anchor

Mindfulness vs. Meditation

Mindfulness

- The practice of paying attention to whatever is happening in the moment, with curiosity and kindness
- Emphasizes cultivating awareness of the present moment without judgement

Meditation

- Any practice that trains the mind to focus and calm
- What we do to practice mindfulness to experience the benefits of present-moment awareness in our lives

Mindfulness Concepts

The “Roommate” Who Won’t Leave

- Our thoughts are like a “roommate” who lives within us, constantly talking, judging, and reacting
- **Mindfulness** helps us notice our thoughts without being consumed by them

Michael A. Singer, *The Untethered Soul*



Team A

Don't Feed the Vulture



- The apple represents the negative things we say about ourselves during a day.
- Many of us spend our days feeding our vultures with negative thoughts and statements about ourselves.
- **Mindfulness** gives us the space to meet difficult thoughts with kindness rather than let them take over.



Traffic Light of Communication

- **Red Light (Closed):** Defensive, mistrustful, disconnected
- **Yellow Light (In-Between):** Uncertain or uncomfortable. Pause, breathe, and get curious.
- **Green Light (Open):** Listening and connecting



Interrupt Reactivity

Mindfulness helps us interrupt negative reactivity by:

- Pausing to listen
- Taking a deep breath
- Visualizing something positive

Pausing before we react builds connection and compassion.



Why Mindfulness Matters: Today, for You, and at Work



Why Now?

- A faster pace of life
- Constant connection to technology
- Always on as the new normal

Wellbeing in America has Declined Since 2021

- **48.1%** of U.S. adults are thriving
- Down more than 10 points from the 2021 post-pandemic peak
- Near record lows, seen only during the Great Recession and early COVID-19



Now is the moment to help more people thrive.

Mindfulness is one place to start.



What Mindfulness Gives You

- Reduces stress and anxiety
- Builds compassion
- Increases present-moment awareness
- Improves focus and concentration



Why Mindfulness Matters at Work

- When we're present, we listen better
- Wellbeing becomes an ongoing conversation, not a once-a-year one
- The impact: people feel heard, seen, and appreciated, and aligned with their work



Meditation is one way to practice mindfulness. Here are others.



Practices to Help You Thrive from Within

Connect with Presence

- Connect with a colleague daily
- Open meetings with a check-in or gratitude moment

Pause and Breathe

- One-minute breathing exercise before meetings
- Mindful screen break

Move Mindfully

- Walking meditation
- Stretching
- Mindful eating

Reflect

- Journaling
- Invest in strengths development

Strengths as a Mindfulness Practice

- Train attention on what's working
- Turn inward to align inner growth with outer action
- According to Gallup, **career wellbeing** is the foundation for overall wellbeing
- Know what you naturally do best and use your **strengths** regularly



Strengths Assessments



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The science of maximizing human potential by developing people to become great at what they're naturally good at.



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Authentic Happiness



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Strengths**



Know Your Best Self

Discover what is unique about you, what motivates & drives you



Be Happier

Find purpose in what you do and be more satisfied with your life



Achieve Your Goals

Leverage your talents to achieve your dreams fast



Increase Confidence

Recognize & leverage what makes you stand out from the rest



Build Stronger Relationships

Understand others and enhance your interactions with them



Progress Your Career

Make better decisions about your career and your future

High5 Test

4-7-8 Breathing Technique

- Sit comfortably with your back supported and your feet on the floor.
- Inhale through your nose for 4 seconds
- Hold for 7 seconds
- Exhale slowly through your mouth for 8 seconds
- Repeat for 3 or 4 times

Insight Circle: Small Group Reflection

Round 1

Where does mindfulness already show up in your work and life?

Round 2

Which practice from today could you try this week, and what might pull you away from it?

Returning to Your Anchor: Guided Meditation

- 1** Choose your anchor: breath, feet on the floor, or sounds.
- 2** Notice when your mind wanders.
- 3** Gently return.

Repeat steps 2 and 3 as often as you need.



Now is the moment to help more people thrive.

Try one small practice today.





Thank You

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