

Mindful Leader Training

How can we encourage mindful leaders?

Mindfulness is a technique used to promote mental strength, increase focus, and reduce stress. By harnessing your attention and being in the present moment, you can improve your health and feel happier. This is also known as resilience training, brain training, and emotional intelligence training.

States of awareness

Staying in a state of wandering may harm well-being and performance.

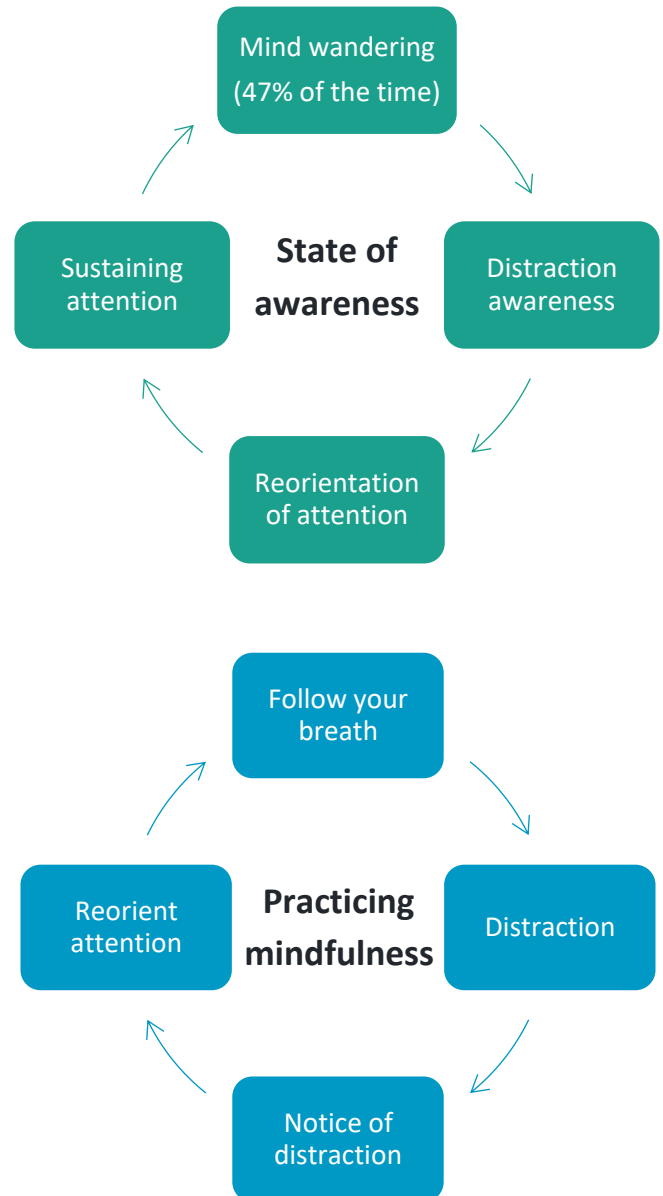
Why practice mindfulness?

Mindfulness has been shown in more and more studies to reduce stress, anxiety and depression, ultimately improving health and performance. People are seeing the need for a moment during the day to center themselves and refocus their energy. Those who practice mindfulness report feeling more engaged and calmer afterward.

The impact of mindfulness

Stress is one of the major causes contributing to the most common diseases, including heart disease and stroke. This appears in not only healthcare costs but inefficiency in the workplace and employee absence. By utilizing mindfulness activities not only can you prevent those undesirable repercussions, but also see a decrease in mental illness and an increase in cognitive skills.

Sound far-fetched? These effects are most often contributed to the brain's **neuroplasticity**, or its ability to respond to *training*. The prefrontal cortex and amygdala (referred to as the *thinking* and *feeling* parts of the brain) work more harmoniously after mindfulness practices leaving people feeling calm, less stressed, thoughtful, and overall happier.



Explore more [Real Goals and Supplemental Resources](#)

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)