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Search Inside Yourself

Mindfulness-Based Emotional Intelligence for Leaders

In Pairs

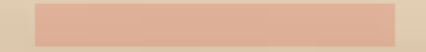
What do you love about your work?

What are some of your biggest challenges?



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Hello!

+ Emotional
Intelligence

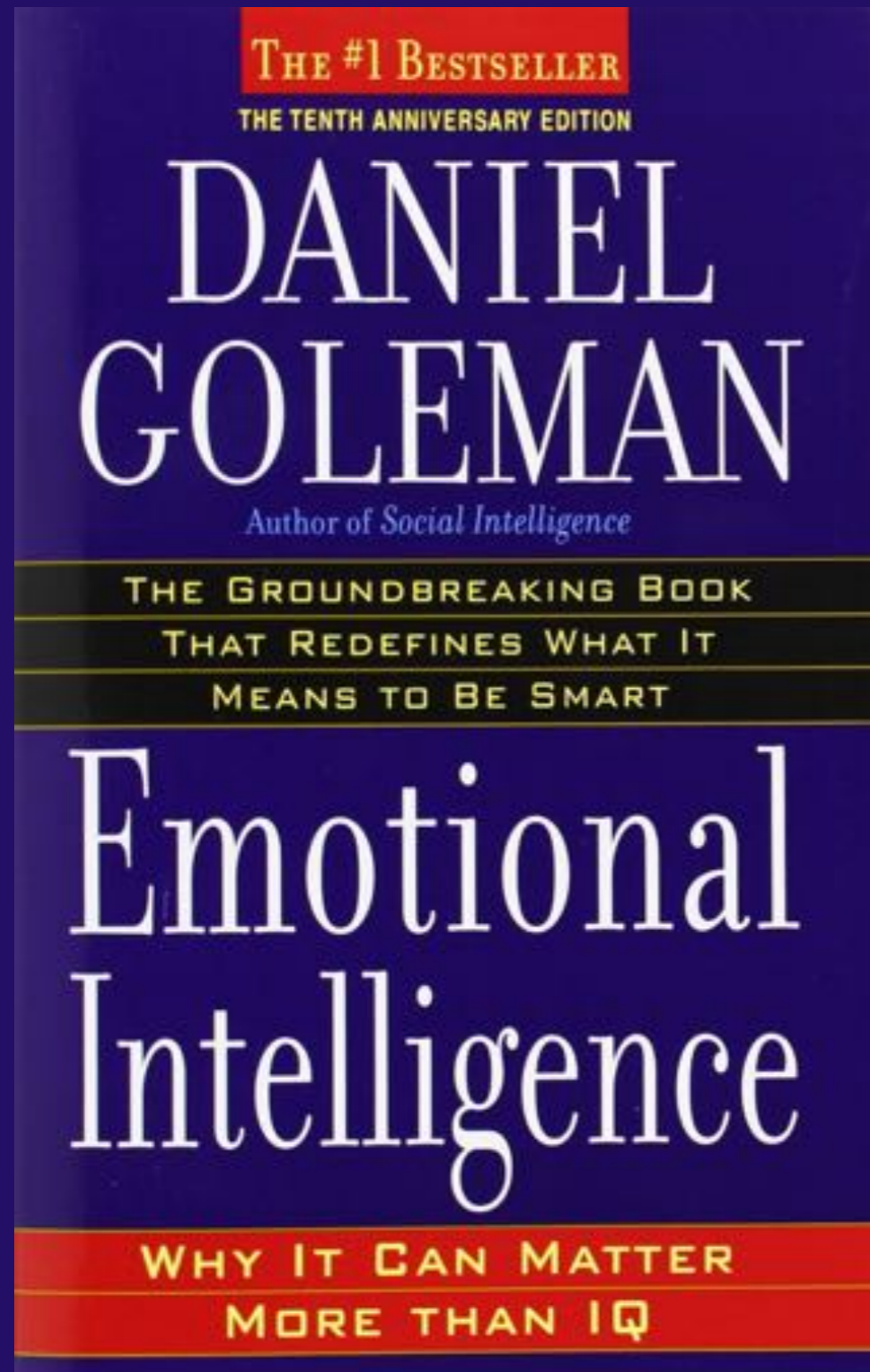
+ Neuroscience

+ Mindfulness

= Search
Inside
Yourself



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- 
- Self-Awareness
 - Self-Management
 - Motivation
 - Empathy
 - Social Skills
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Volatile

Uncertain

Complex

Ambiguous



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47%

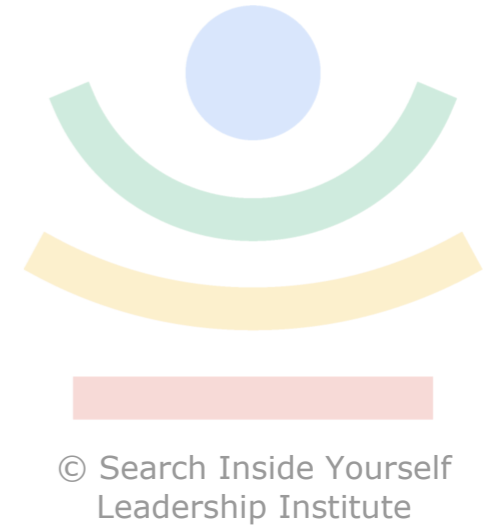
Average time spent
Mind-wandering

70%

Leaders report regularly unable
to be attentive in meetings

02%

Regularly make time to enhance
personal productivity



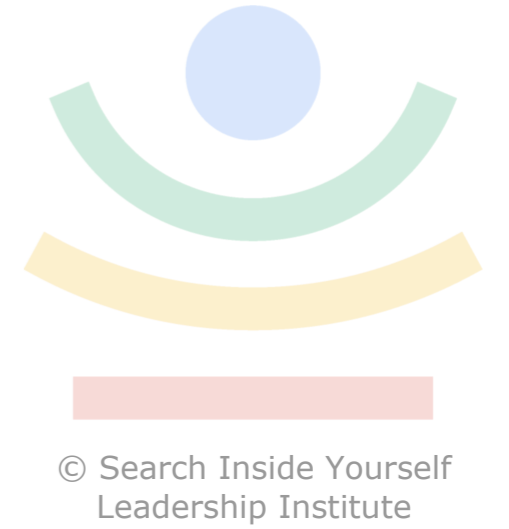


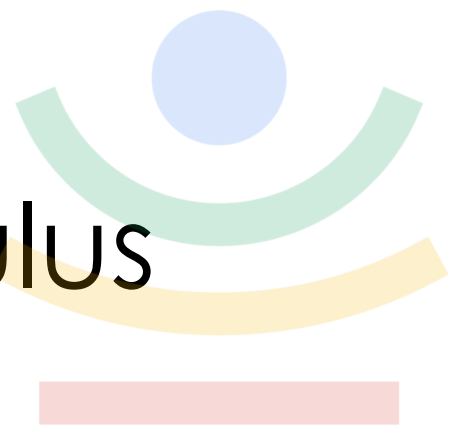
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Result =
“Autopilot”

Autopilot Traits

- Attention is in the past or future
- Distracted
- Less aware
- Act based on habit patterns and assumptions





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

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Viktor Frankl's teachings,
summarized by Steven Covey.

How to get off Autopilot?



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Mindfulness



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Mindfulness



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“being aware”

Autopilot



Aware



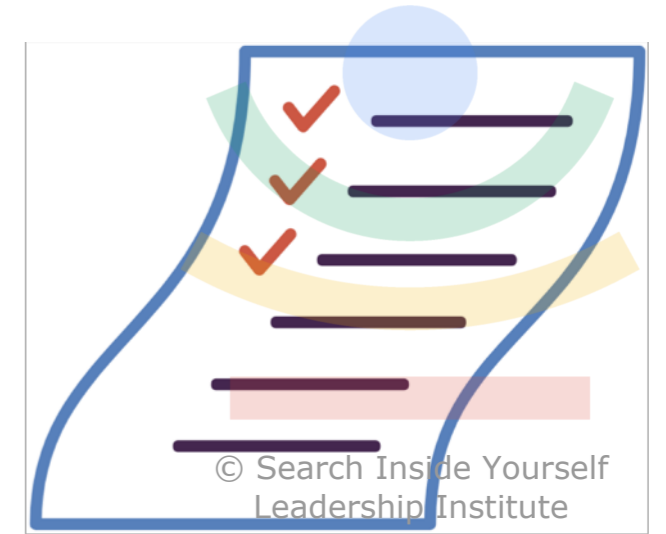
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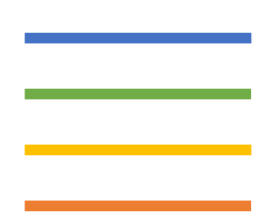
Self-Awareness

Micropractice

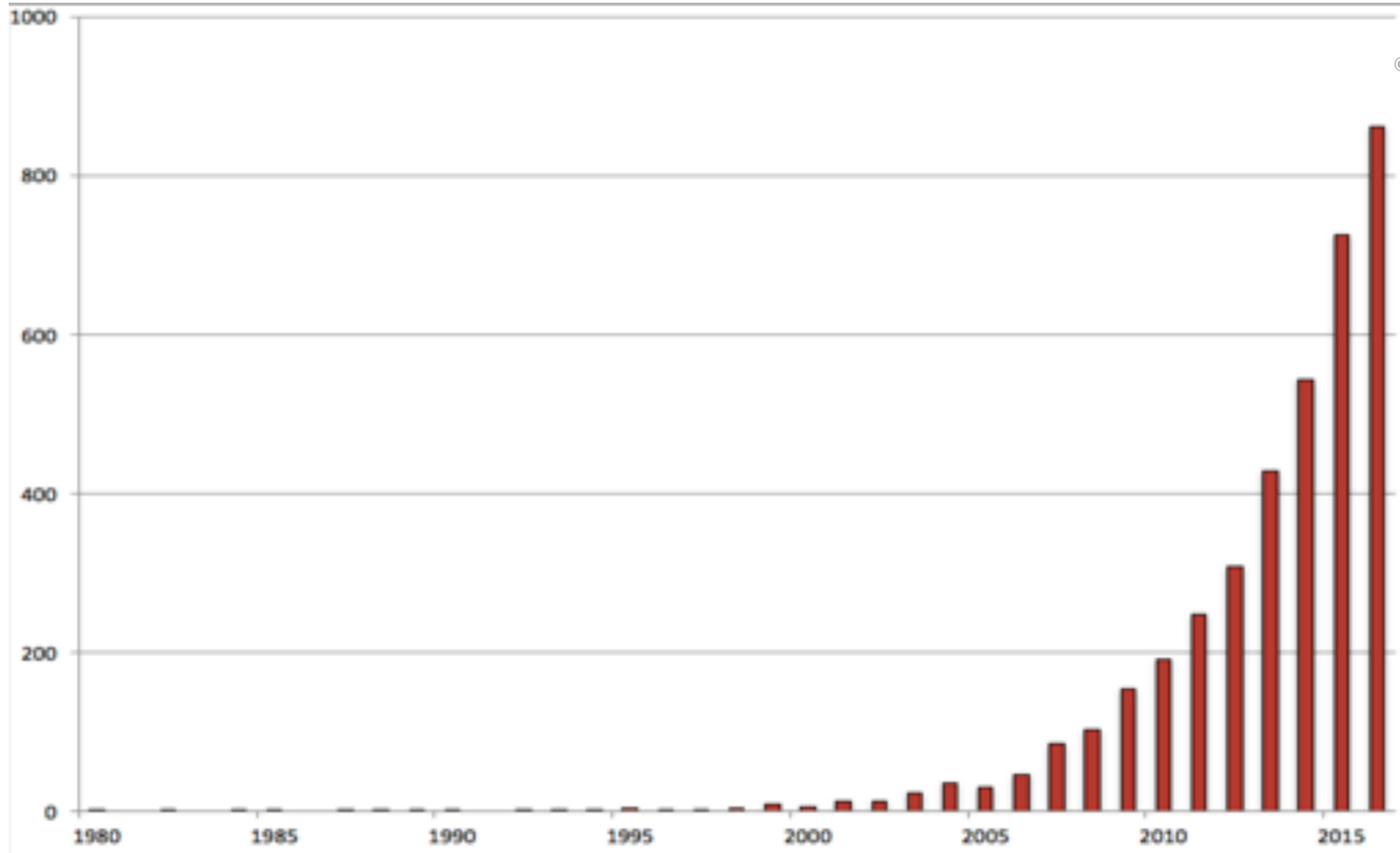


Three Breaths

1. Attention to breath
2. Relax body
3. Ask: What's important now?



Mindfulness Research Publications (PubMed)

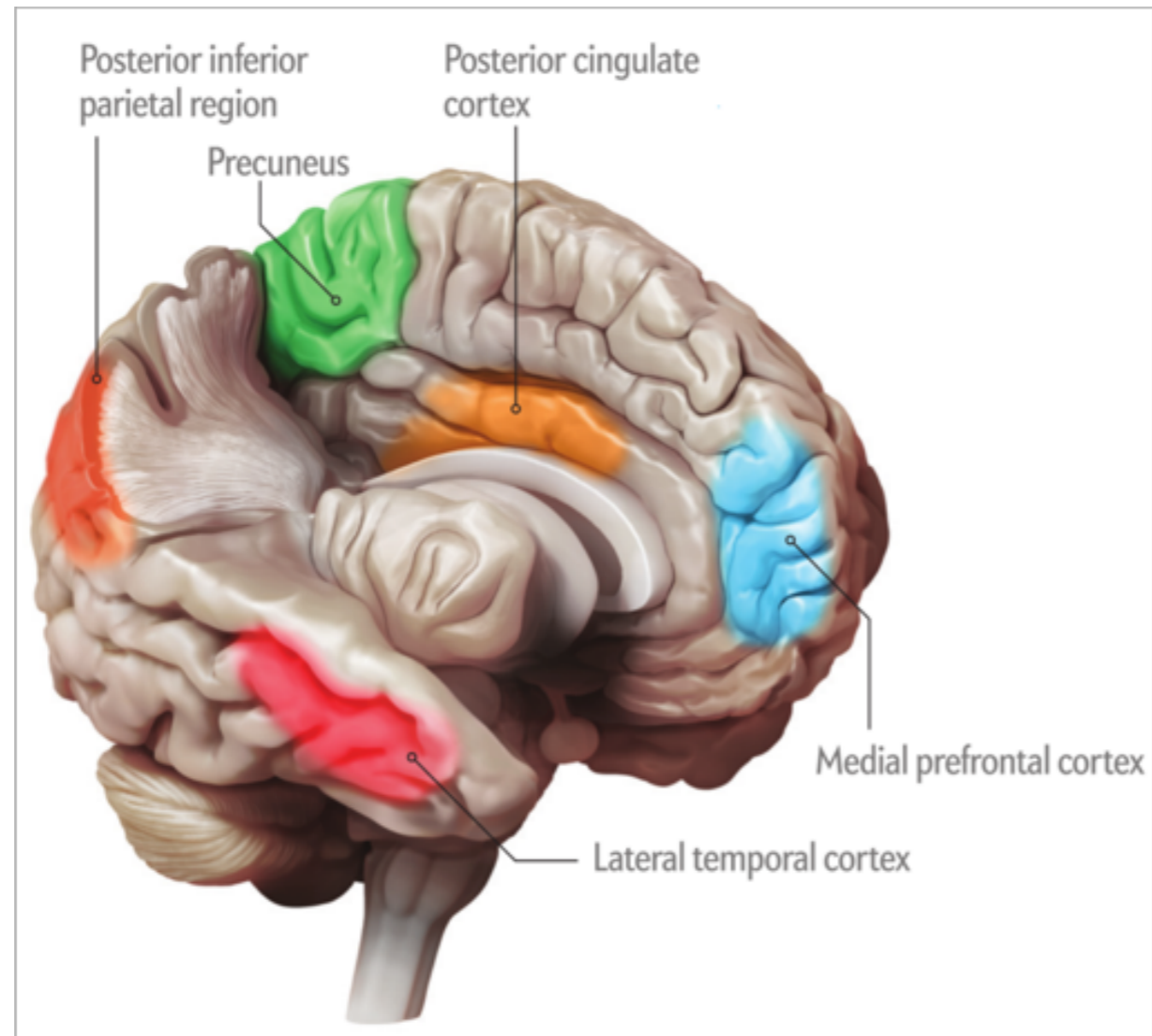


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Neuroplasticity: Changes in Attention and Mind-Wandering



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Default Mode Network (DMN)

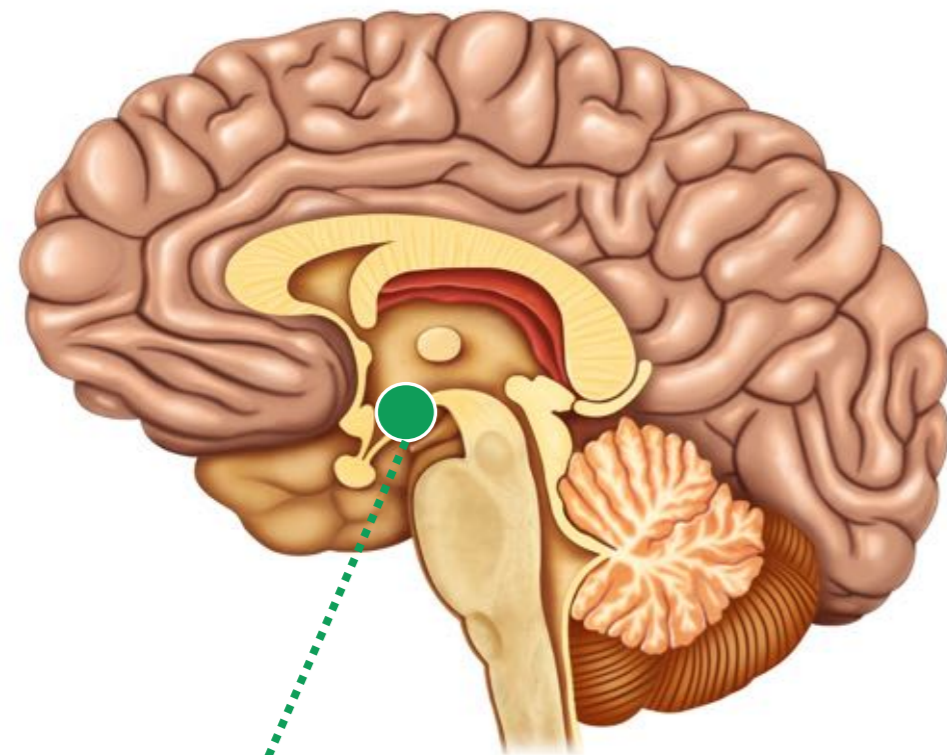
- Related to **mind-wandering** and self-referential thinking.
- **Less active** during meditation.
- Meditation practice → **greater connectivity** with attention management regions, even at when rest.

— Mindfulness Practice:
— Less Anticipatory Stress, Faster Recovery



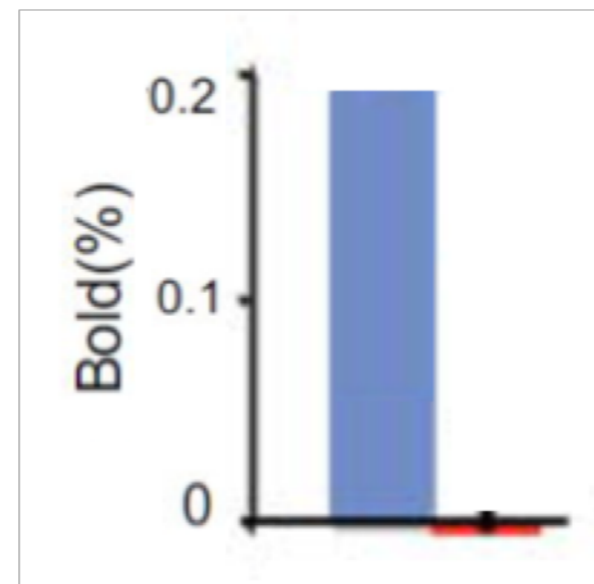
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Novice vs Expert meditators responding to pain



Amygdala

Less anticipatory amygdala activation

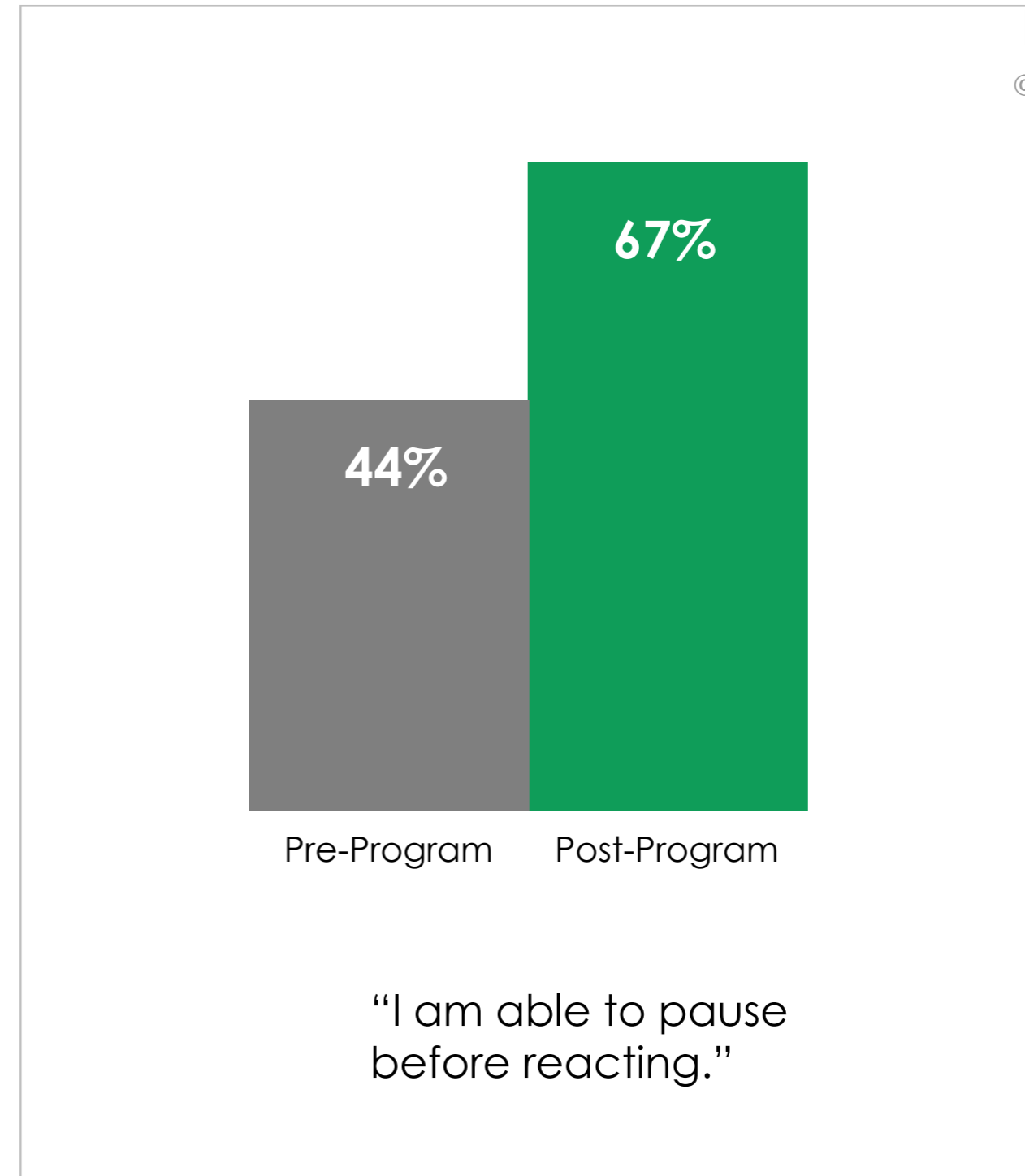
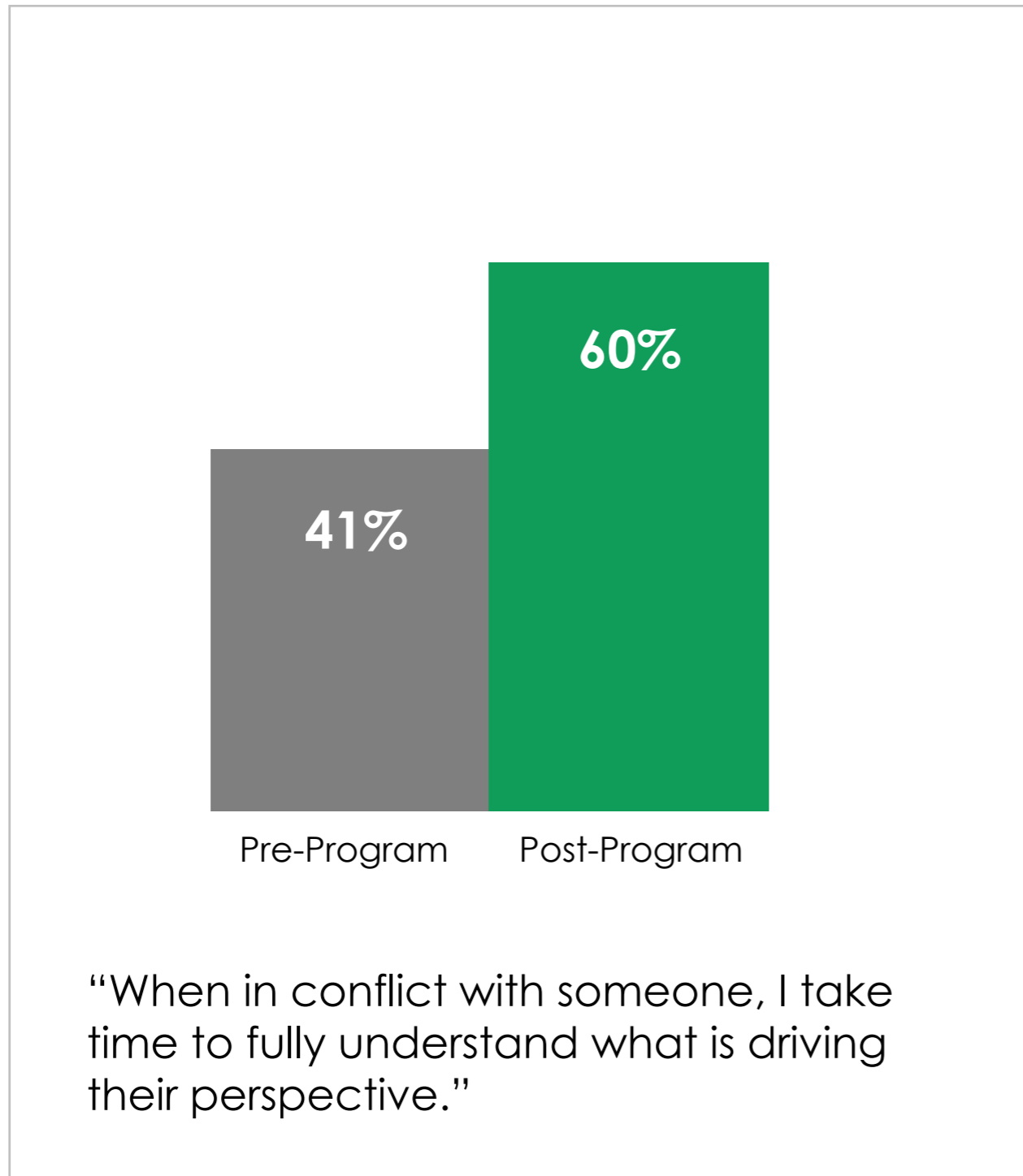


Less self-reported unpleasantness afterwards



■ Nov. ■ Exp.

Changes after SIY
Pre-program compared to 4 weeks Post-program



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In the moment
“Integrated”

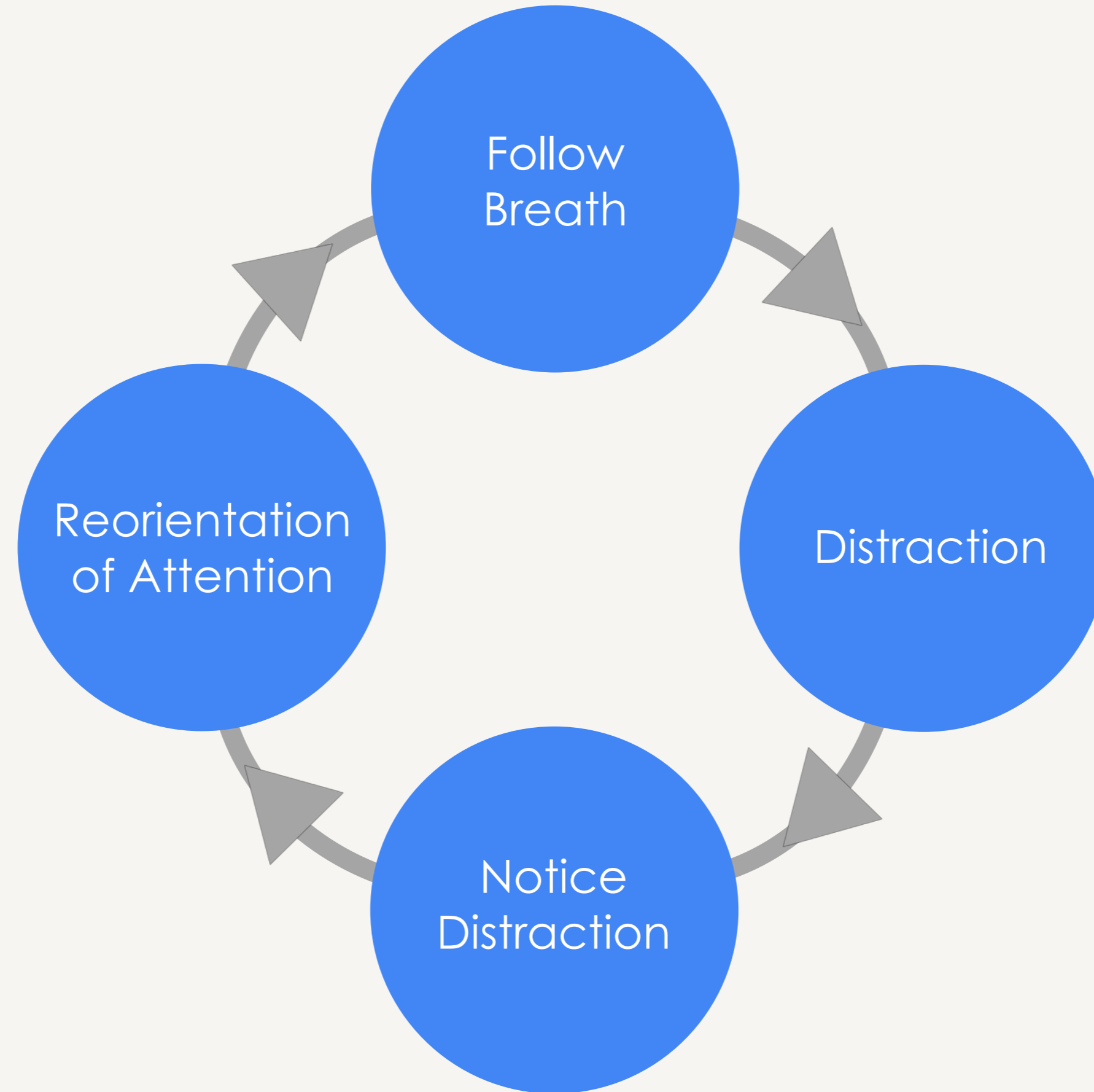


At the gym
“Dedicated”



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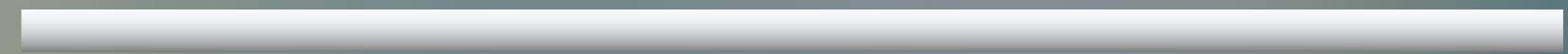
Focused Attention Process



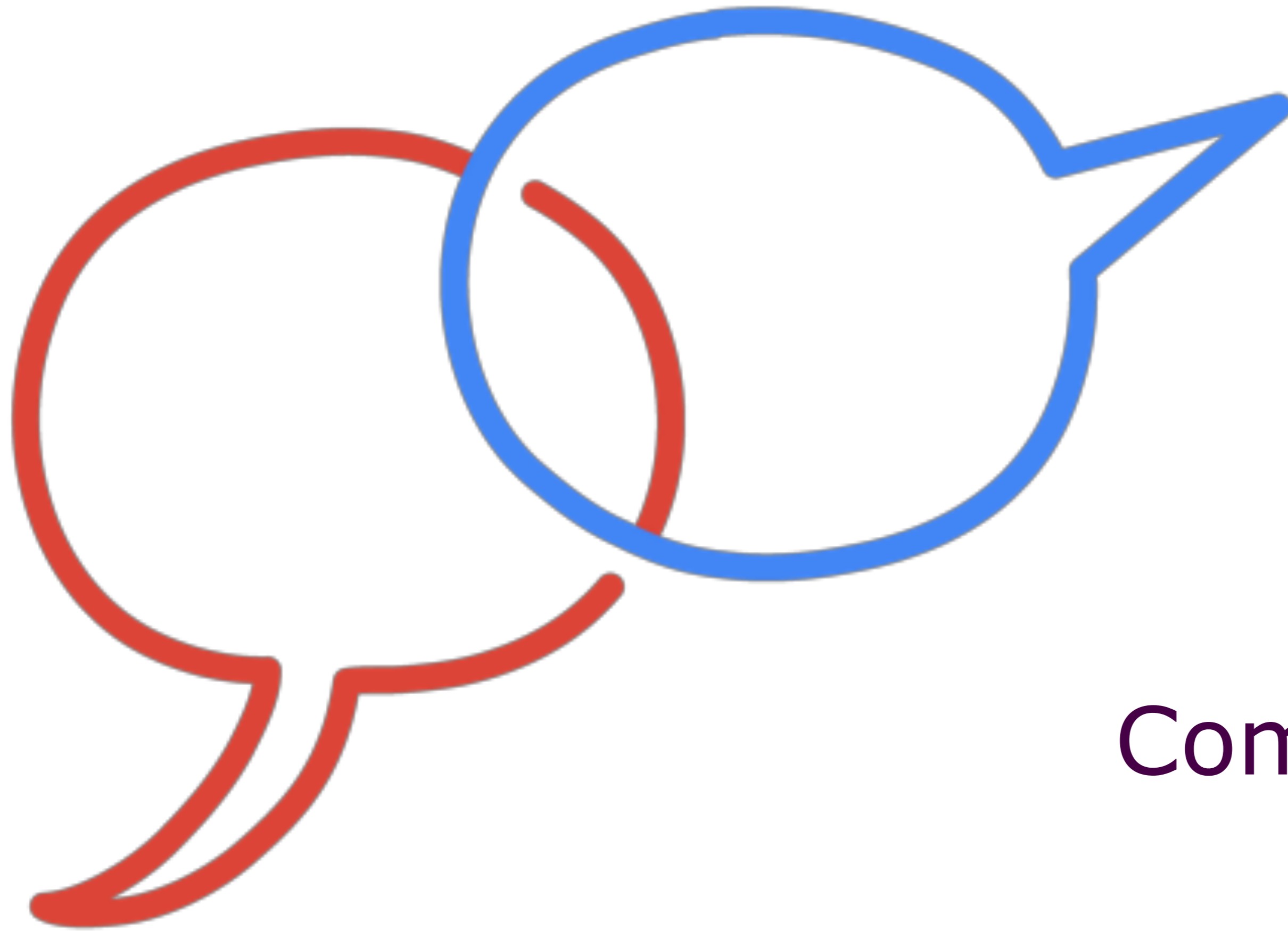
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Mindful Breathing



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Comments

Summary



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- We need skills for a **VUCA world**
- Mindfulness is the movement from **Autopilot → Aware**

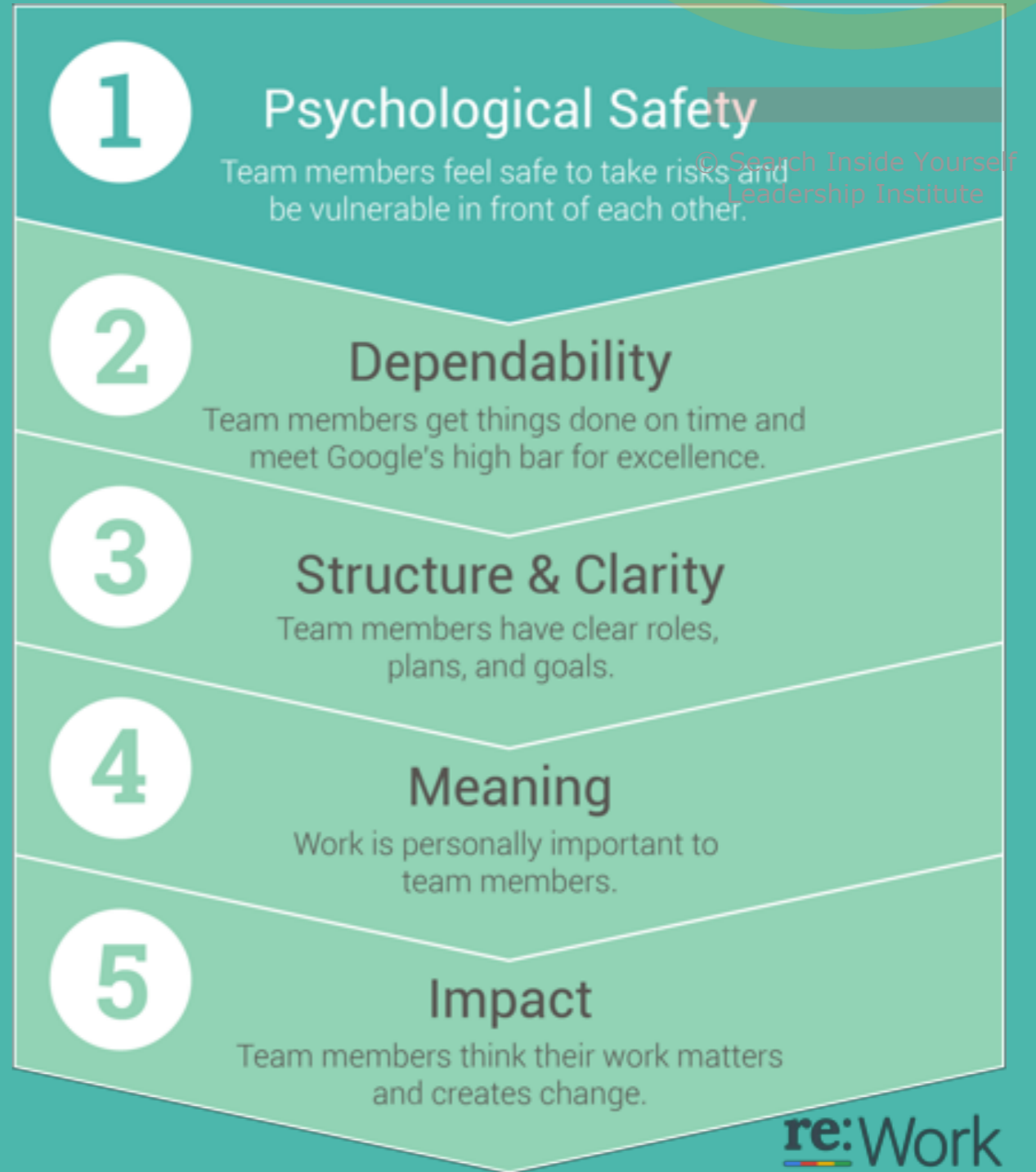
Empathy



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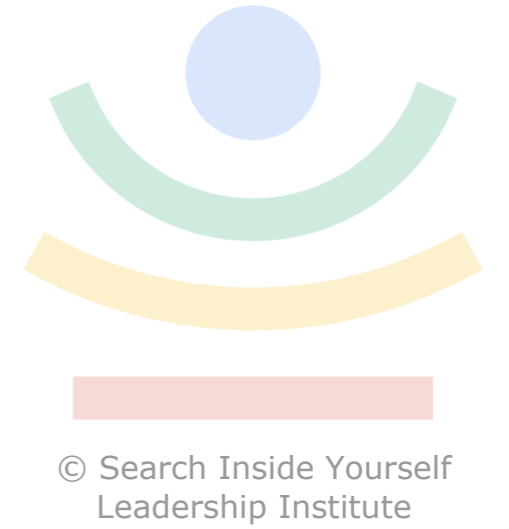


What Google Learned From Its Quest to Build The Perfect Team.



Autopilot Traits

- Attention is in the past or future
- Distracted
- Less aware
- Act based on habit patterns and assumptions





Mindfulness:

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**Movement from
Autopilot → Aware**

Empathy:

**Awareness of
others**

Listening



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- A talks and B listens (bell)



- What's surprising to me lately in my life is...
- The kind of person I want to be is...
- OR ... anything else

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UN-Mindful Listening



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Micropractice



Shift to Connection

1. Settle the mind
2. See a similarity
3. Offer kindness

Mindful Listening

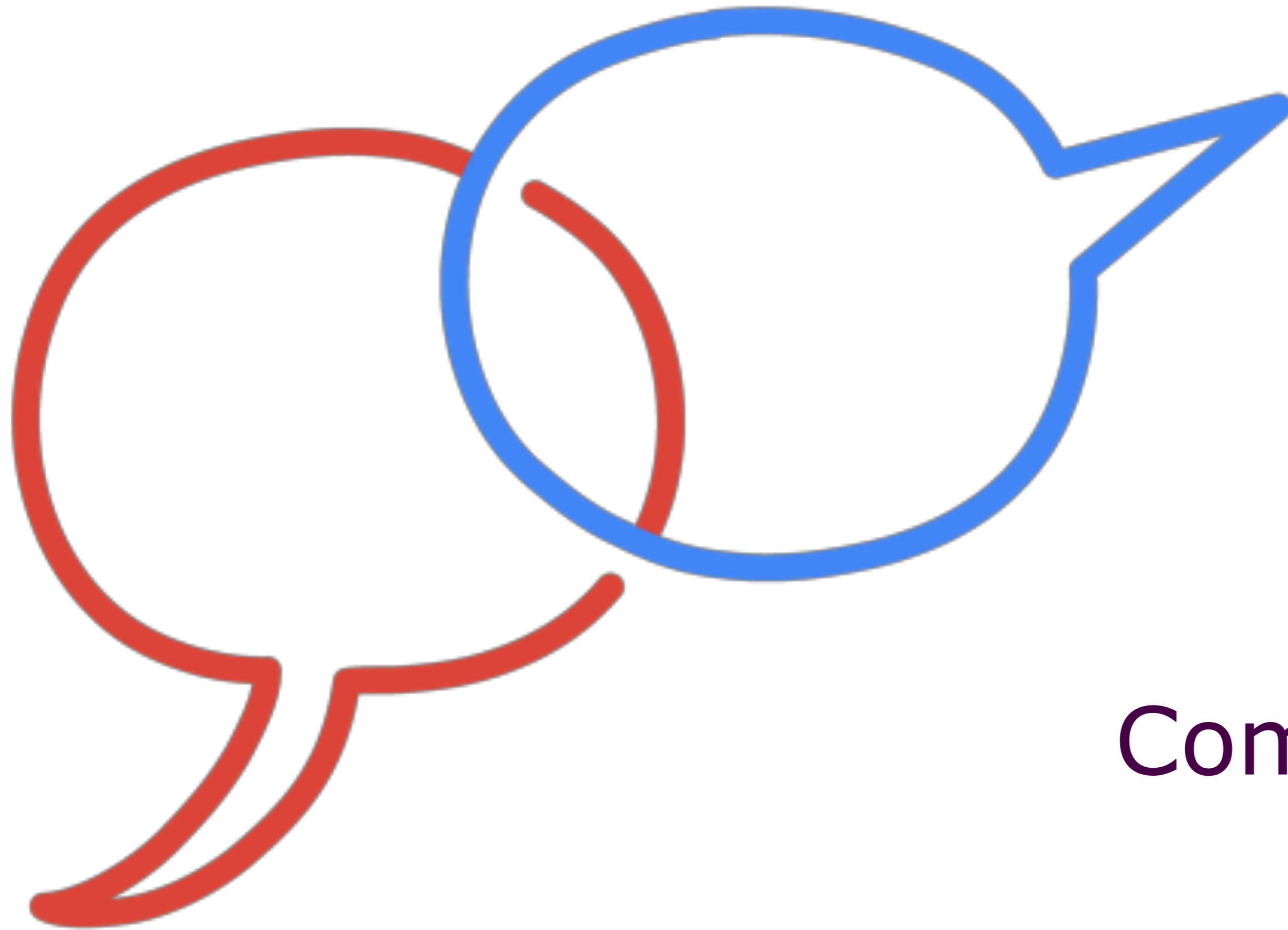


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- A talks and B listens (bell)
- Switch roles
- Free-flow conversation



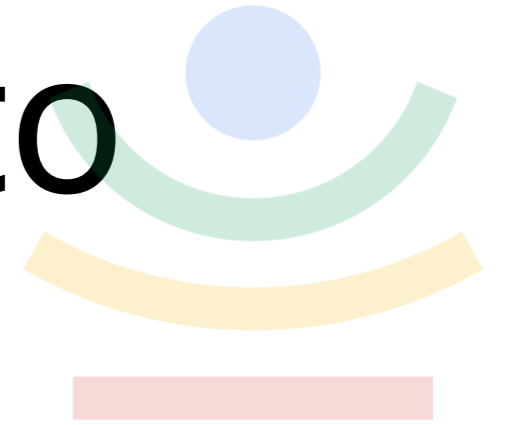
- What's surprising to me lately in my life is...
- The kind of person I want to be is...
- OR ... anything else



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Comments

Remember how it feels to connect with others



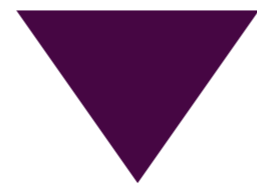
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Autopilot



Aware



Connected



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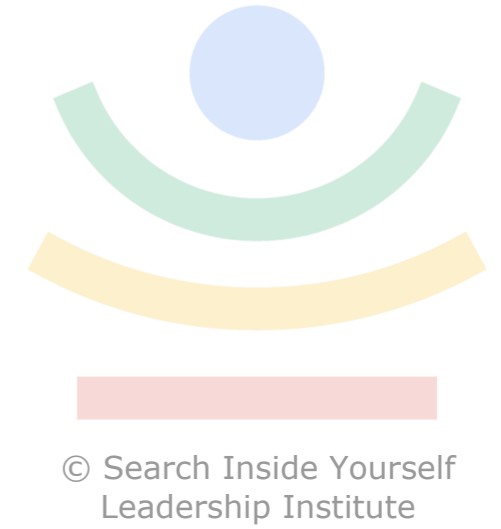
Practices



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- 1 Three Breaths Practice
- 2 Mindful Breathing
- 3 Mindful Listening
- 4 Shift to Connection

Summary



- We need skills for a **VUCA world**
- Mindfulness is the movement from **Autopilot → Aware**
- Awareness of others creates **connection & empathy**
- Find ways to **practice**, both dedicated and integrated

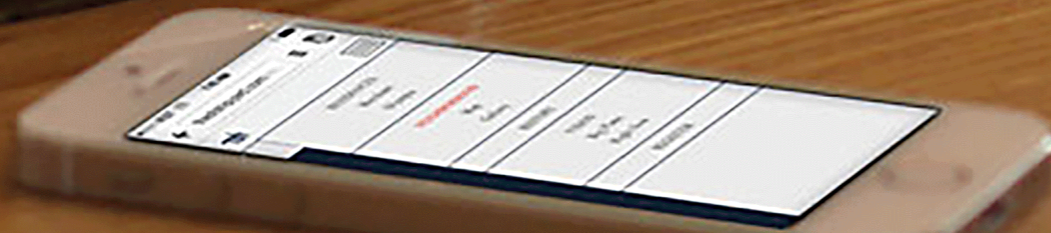
Next Steps



Bring out the
best in yourself.

We teach leaders tools for focus, self-awareness and resilience.

[Attend a Program >](#)





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