

# Mindfulness for the Workplace: 3 Key Skills

How can your team be more productive and effective amid the stresses and demands of the workplace? **Mindfulness is proven to strengthen our abilities to focus, remain calm, and achieve clarity.** Present Source workshops offer practical tools and experiences to develop these skills, tailored for businesses.



## Distraction → Focus

- Mindfulness practice includes continually bringing attention to a focal point
- Retrains the brain – strengthens neural circuits for focus and attention
- Builds “muscle memory” to notice when attention has wandered and retrieve it
- Improves attention span and ability to filter out distractions
- Results in happier, more engaged, more productive people

## Stress → Calm

- Mindfulness is a proven stress-coping strategy
- Includes a variety of tools to relax and re-center
- Builds resilience – the ability to bounce back from a stressful event
- Decreases emotional reactivity and increases thoughtful responsiveness
- Results in increased equanimity, health, and happiness

## Confusion → Clarity

- Mindfulness is the practice of seeing what is truly there, without judgment
- Reduces overwhelm by increasing the ability to sort through data
- Increases innovation by building cognitive flexibility
- Improves communication by reducing filters and biases
- Results in better decision-making and improved interpersonal relationships

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**Let's Work Together:** Contact us for a [free consultation](#) to discuss how mindfulness can benefit your organization and identify the sessions that are right for you.