

Mindful practices deliver better business outcomes.

Why Mindfulness?

We currently process FOUR TIMES as much information per day compared to a person 20 years ago. We are living in a VUCA (volatile, uncertain, complex, ambiguous) environment with many competing and challenging demands coming at us from a variety of sources throughout each day. The purpose of this program is to give executives a background and an introduction to mindful practices that are like bicep curls for the brain, to help them in the face of the incredible pace of modern day living and working.

While mindfulness is an ancient practice, there has been much research in recent years on the benefits of mindfulness, including (but not limited to) decreasing stress and depression; increasing immunity, focus, positive emotion, and the density of gray matter in brain regions linked to learning, memory, emotion regulation, and empathy; fostering compassion; enhancing relationships - just to mention a few.

Learning Outcomes

INDIVIDUAL

- Enhanced awareness and calm
- Decreased stress
- Increased focus
- Access to and experience with practices that are easy, portable, and beneficial cognitively, emotionally, and physically

ORGANIZATIONAL

- Improved relationship management and creative leadership
- Decreased stress and reactivity
- Increased focus, awareness, and physical wellbeing

MINDFULNESS MEANS PAYING ATTENTION
IN A PARTICULAR WAY;
ON PURPOSE,
IN THE PRESENT MOMENT,
NON-JUDGMENTALLY.

Jon Kabat-zinn

Format | eLearning or Blended Learning

- Consists of six learning/practice modules that integrate education and experience to introduce mindfulness to the business professional
- Designed to be delivered virtually or in person by a pLink Executive Coach for individuals or groups of executives
- Customizable pace and content.

Ready to benefit from improved awareness? We look forward to hearing from you.

the pLink team

“Mindfulness centers me and reminds me that when I’m calm and composed, I’m at my best. It opens my mind to growth and development opportunities that I wouldn’t typically recognize.”

- Executive, pLink Coaching Client