

7

PRACTICES



TO BE A MINDFUL LEADER



GRATITUDE



CENTERING



EXAMINE BELIEFS



MOVEMENT

MINDFULNESS IS:

A series of practices to become fully present in the moment without judgment.

MINDFULNESS SOLVES:

Stress • Anxiety • Overwhelm
Lack of Focus • Increases Memory



USE
TECHNOLOGY
CAREFULLY

MINDFULNESS AS A LEADER IS:

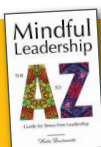
Utilizing these 7 practices with your team creates healthy, happy, and profitable meetings.



CREATE VISION



SET INTENTION



Holly Duckworth is the Mindful Leadership Guide for Organizations
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