



The Mindful Leader
Session 6: The First Ten Practices

Stack #1: Basic Attention Training

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- Follow your breath in & out
- Find where you notice it most (tip of nose, abdomen etc.)
- When you lose attention, simply note it and return to the breath
- Be kind & non-judgmental – EVERYONE loses focus
- Noticing you've lost focus IS the practice!

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<http://www.fastcompany.com/43419/marcus-buckingham-thinks-your-boss-has-attitude-problem>



A series of horizontal dotted lines for writing, consisting of 15 lines.

Stack #2: Six Mindful Breaths

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- Inhale smoothly for a count of two
- Exhale gently & smoothly for a count of four
- If 2-4 feels too short, try 4 in & 6...
- ...or 6 in & 8 out
- Repeat for six breaths
- Don't push yourself!
- Target breathing rate is about 5 per minute
- ...but don't become goal obsessed (!): the key is that the exhale is longer than the inhale



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Stack #3: 'Seat & Feet'

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- 'Drop your attention' to your feet
- Simply notice any sensations in the toes or feet –hot , cold, tingling –just notice
- Feel the feet in contact with the ground
- Now 'drop your attention' to your 'seat'
- Notice where your behind is in contact with the chair
- Be aware of your clothing in contact with your thighs and legs
- Notice how gravity is rooting you to the chair
- Let go!
- Don't visualise –notice!

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Stack #4: Attention Training – Using Mind & Body

Stack #4: Attention Training - Using Mind & Body



- Core focus/ attention practice
- Promote calm & settles thoughts
- Use it every time you think 'what next?'
- Can be done sitting, standing, walking
- Can be done with open or closed eyes
- Intention prevents goal orientation from derailing the practice

With an intention, there is no required result—we are simply connecting to our chosen course. "I'm just going to practice, and see what happens."

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Stack #5: The 'Purposeful Pause'

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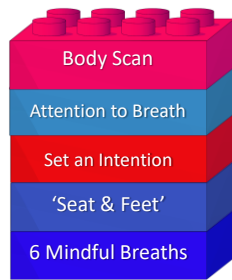
- To reestablish presence & focus
- To calm before / after a key event
 - Presentation
 - Critical call
 - Tough meeting
- Use it every time you think 'what next?'

...oo-opt those in between moments to just focus on what's happening or focus on your breath
... a great way to boost the muscle of focus - Dan Harris, author '10% Happier'

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Stack #6: The Body Scan

Stack #6: Relaxing the Body to Observe Emotions



- Great for relaxation, but that's a side benefit...
- Develops emotional awareness
- Get in touch with emotions physically
- Let go of feelings having to 'get stuff done'
- Releases pent-up emotions
- Trains attention...
- ...from narrow (big toe) to wide (whole body)



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Stack #7: Visualising Goal Success

**Stack #11: Prime Your Predictive Brain
- Visualising Goal Success**



- Clarify your goals
- Continually reinforce your intentions
- Build your optimism and hope
- Remove a key source of anxiety: the future

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Stack #8: Open Awareness

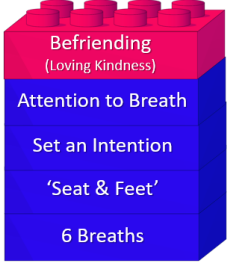
Stack #8: Open Awareness

- 'Natural' Meditation
- Wide angle versus standard lens
- Awareness of thinking
- Notice the 'inner critic'
- Clouds crossing a clear sky
- Observe the stream of thought & it subsides

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Stack #9: Compassion (LovingKindness)

Stack #9: Developing Compassion



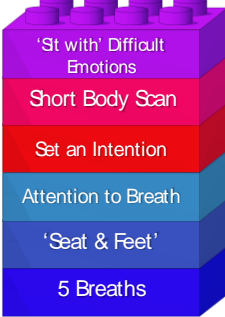
- Increases positive emotions
- Quietens your 'inner critic'
- Strengthens capacity for empathy
- Increases compassion
- *Decreases migraines (!)*
- *Increase telomere length*

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<http://www.lifehack.org/361244/6-amazing-benefits-loving-kindness-meditation-backed-science>

Stack #10: Dealing with Difficult Emotions

Stack #10:
'Stop & Drop' to Manage Emotions



- Powerful intervention in difficult times
- Identifying physiological markers of particular emotions
- Learning to label and 'be with' difficult emotions
- Normalizing not feeling good all the time
- Reduce anxiety

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Recommended reading list



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