

# **Mindfulness- A key to Personal and Professional Resilience**

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# 5 Steps to a Clutter-Free Brain

- Empty out your stress closets
- Enlist the contents (stressors)
- Describe current reactions to stressors
- Apply hands-on mindfulness tools (Breathing, Mudras, Passion Statement)
- Re-arrange the stress closet and describe future responses to stressors

# Current Closet- Cost of Stress

Cost to Companies/ Institutions- Low engagement, underperformance, absenteeism

Cost to Employees/ Individuals- Chronic Health issues, lack of peace, absenteeism, work-life balance challenges

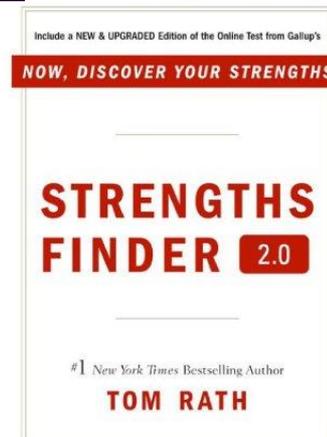


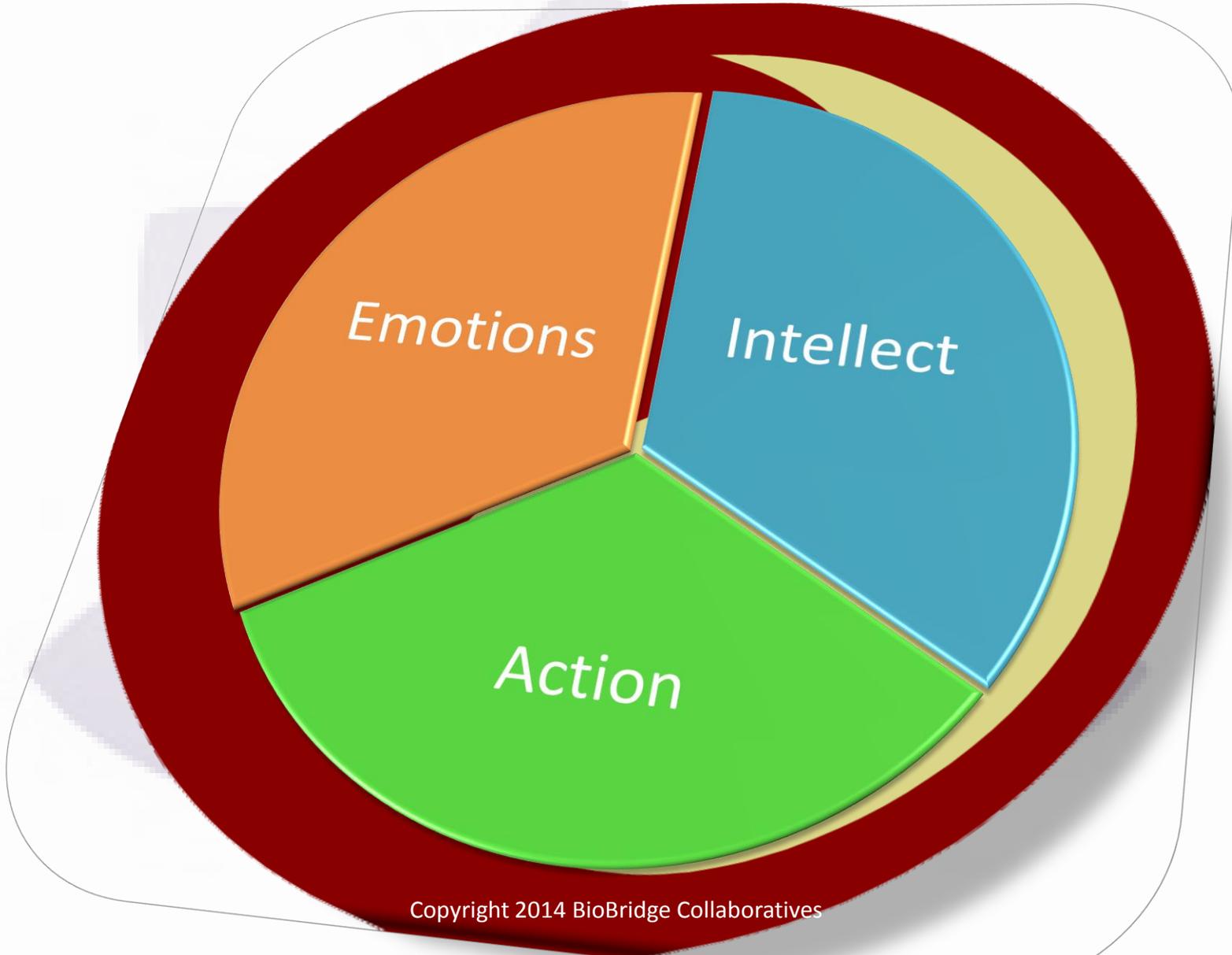
Stress Closet

# A Strengths based approach



Grow in the areas of your strengths and work around your weaknesses





*Emotions*

*Intellect*

*Action*

# The Four Faces of Collaborators

PEOPLE ENGAGEMENT

## I'M NOT OK- YOU'RE OK

- Lead from behind- in a non-threatening manner
- Take a proactive role in communication
- Show appreciation

## I'M OK- YOU'RE OK

- Practice Transparency
- Share your aspirations, goals, discuss challenges
- Best set of people to have routine performance discussions with

## I'M NOT OK- YOU'RE NOT OK

- Look for a new position for yourself!
- Try to keep up your own optimism
- Practice proactive communication

## I'M OK- YOU'RE NOT OK

- Communicate a clear wish-list and how you plan to work on it
- Use communication style the Leader is comfortable with
- Provide dates on which he/she can expect to hear from you
- Be sure to follow-up on them

TEAM PERFORMANCE

SELF ACTUALIZATION



PURPOSE

PASSION

STRENGTHS

HOPE

Legacy

# Passion Statement

## My very own Passion Statement

I am a leader because-----  
-----

My passion for -----, ----- and -----  
----- will give me the opportunity to make a difference in  
the world beyond myself.

I will constantly remind myself that I stand for -----, -----  
-----, and -----.

I am really good at -----, ----- and  
----- and I will extend these strengths beyond myself to  
those who are willing to accept them for their own success. Doing this will  
help me strengthen my own strengths even further.

I know I struggle with -----, ----- and -----  
----- and that struggles can turn into growth opportunities too.

I will be in the company of-----, -----  
--- and ----- to learn and stay inspired.

# Mindfulness Tools- Self Care



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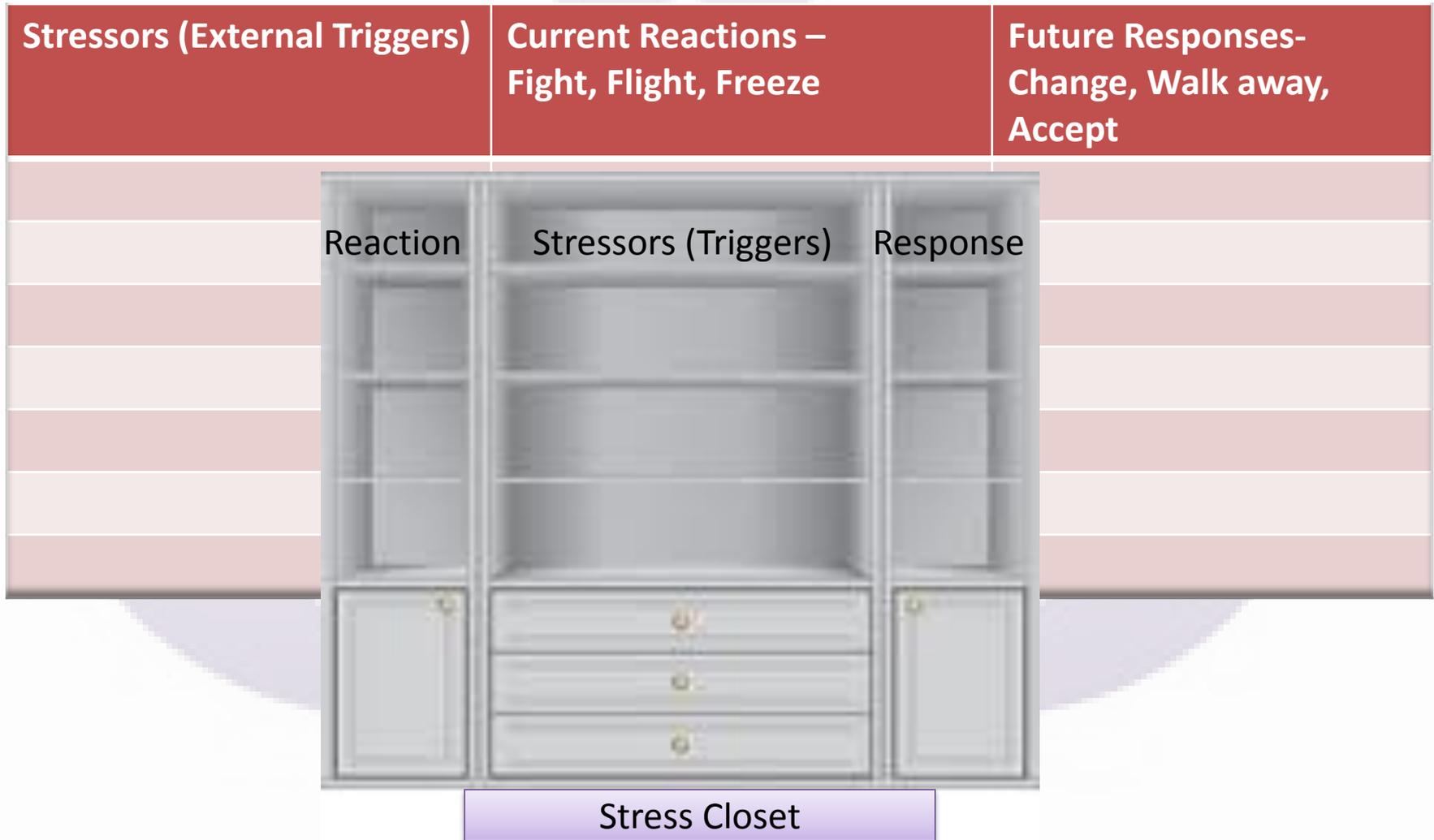
# Mindfulness- Self Care



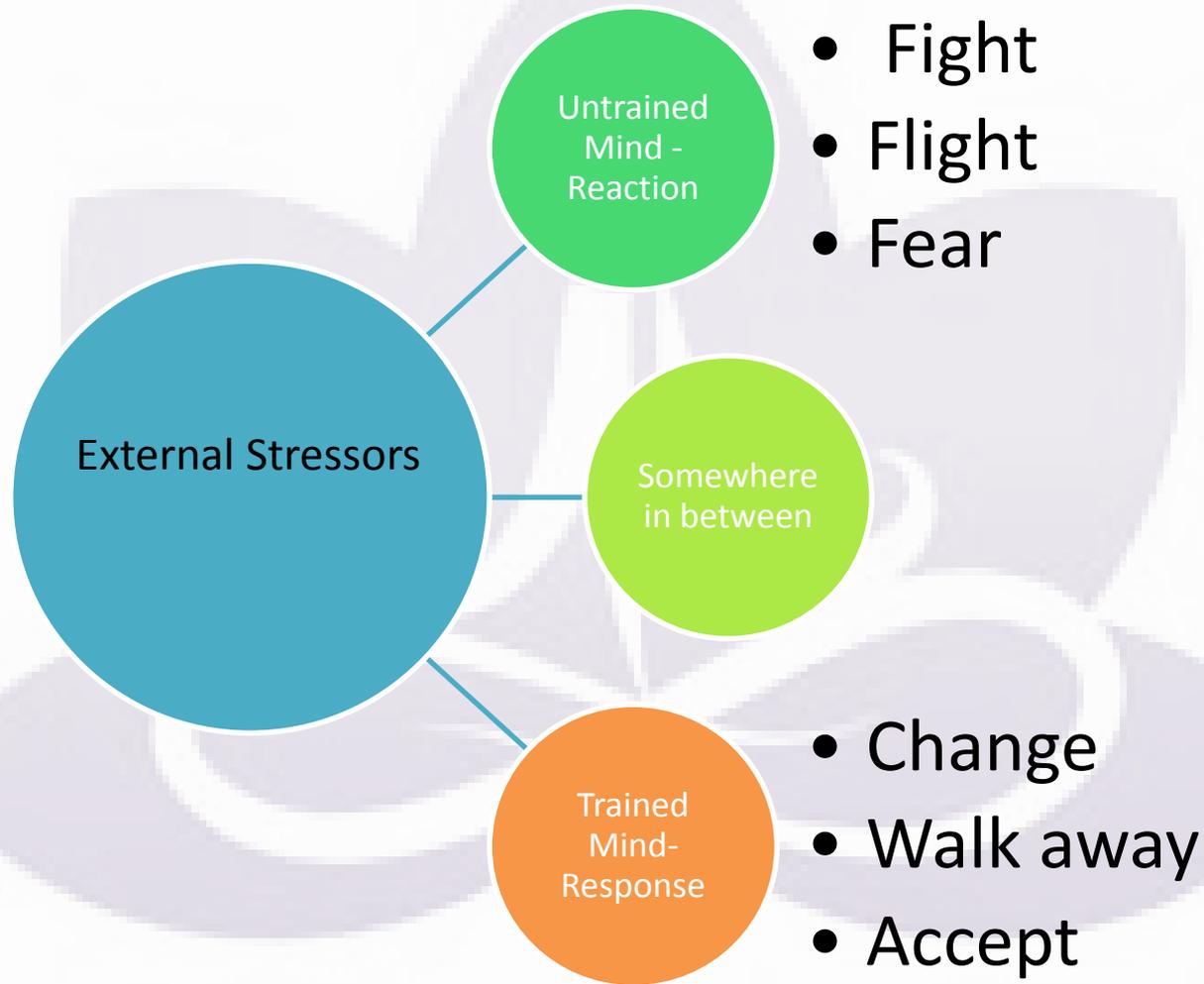
-Do

- Have friends at work
- Form genuine bonds
- Eat lunch with a colleague/ co-worker
- Take a break and have a conversation

# Re-arranging Your Closet From Reaction to Response



# Mindfulness in a Nutshell



**THANK YOU**

