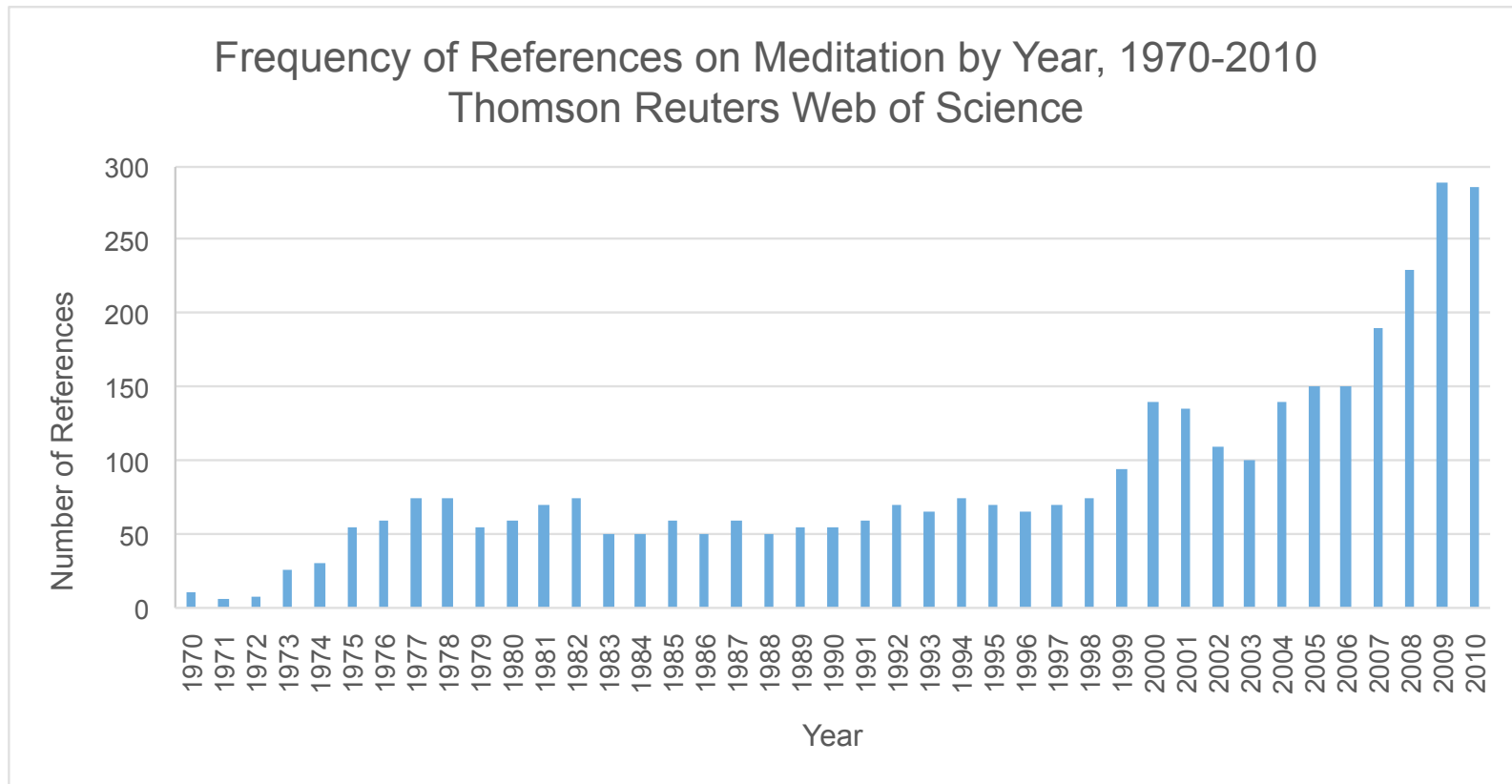


# There's No Time like the Present to Lead with **Mindfulness**

**Esther Bérubé, P.Eng.**  
Singing Heart Yoga

Toastmasters District 96 Fall Conference  
November 21, 2015

# A Growing Interest



David S. Black, University of South Carolina, *The Mind's Own Physician*, 2011

# What is Mindfulness Meditation?

- The practice of clearing the mind    True or False

# Mindfulness Meditation

is:

The *practice* of  
“moment-to-moment non-judgmental awareness,  
cultivated by purposely paying attention  
in the present moment”

Jon Kabat-Zinn, PhD  
Professor of Medicine Emeritus, University of Massachusetts

# What is Mindfulness Meditation?

- The practice of clearing the mind True or False
- A way to relax True or False

# What is Mindfulness Meditation?

- The practice of clearing the mind      True or False
- A way to relax      True or False
- Primarily an individual practice      True or False

# Why?

- Medical benefits
  - Mental health
  - Physical health
- Relaxation
- Impulse control
- Life satisfaction
- Reduced reactivity
- Conflict resolution
- Better relationships
- Better concentration

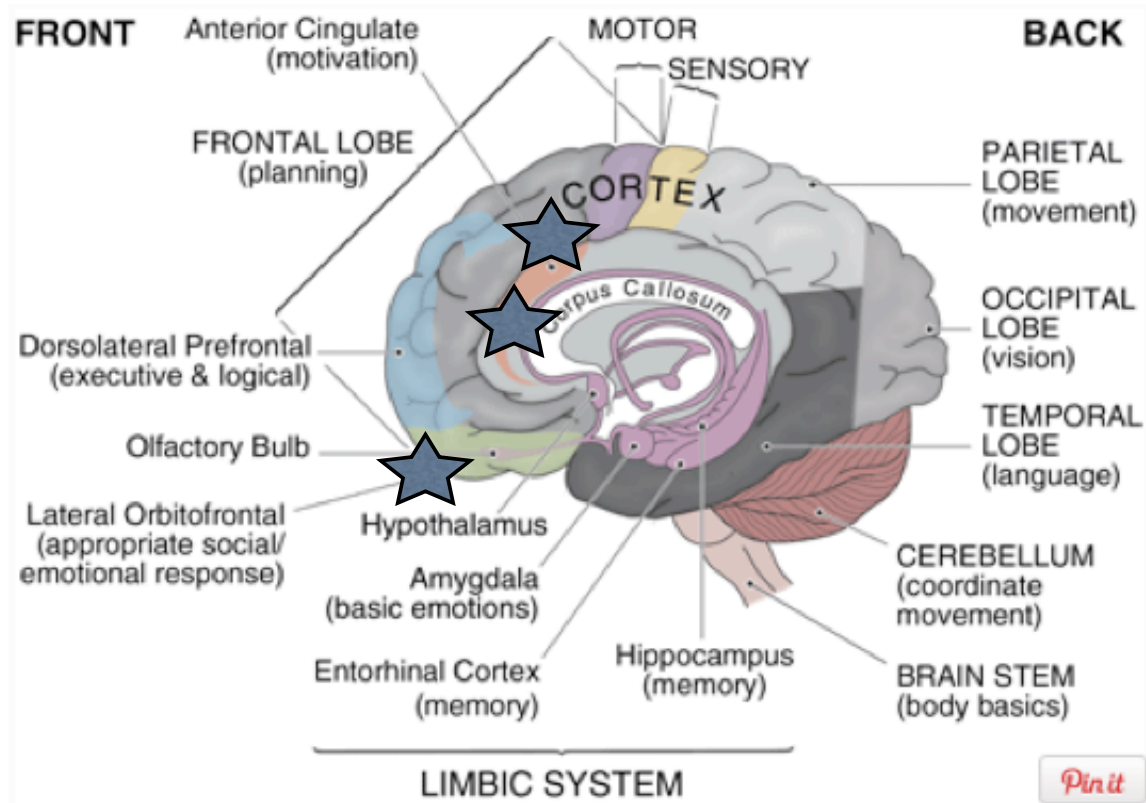
“At the 2015 [World Economic Forum](#), **mindfulness** was one of the hottest topics”

**Jeanne Meister, Forbes Magazine (April 2015)**



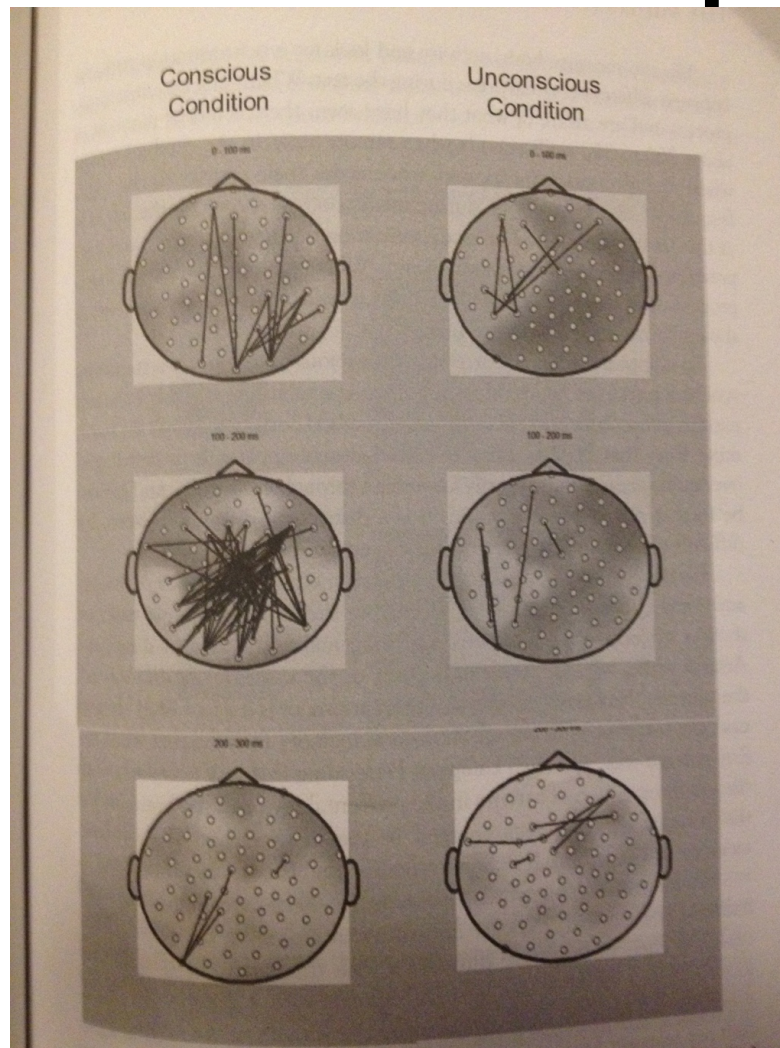


# How Does It Work?



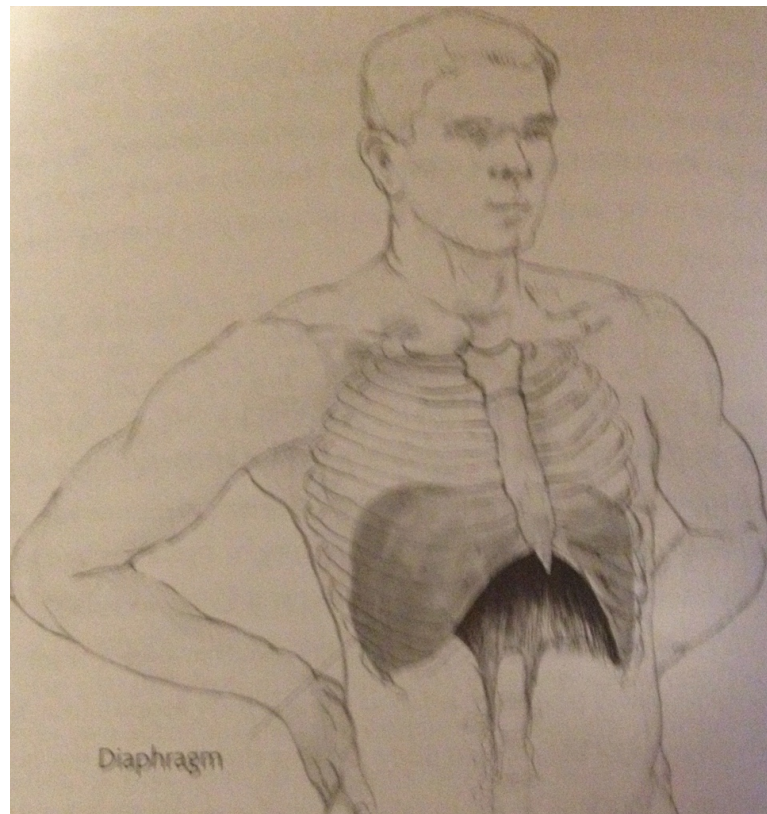
<http://www.brainwaves.com/>

# Brainwave Frequency



Wolf Singer, *The Mind's Own Physician*, 2011

# Breathing, the Mind-Body Connection



Mary Bond, *The New Rules of Posture*, 2007

# Stress vs. Stimulation

← **Control** →

← **Novelty** →

← **Unpredictability** →

# Stress vs. Stimulation



# How Do I Start?

**“Start where you are.”**

Pema Chödrön

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

Margaret Mead

# How to Meditate

- Attitude
- Connection with ground
- Posture
- Hands
- Elbows
- Gaze
- Lips and tongue
- Breath



# Share Your Experience

- Approach Human Resources about offering non-denominational mindfulness meditation
- Host an information session
- Reserve a space with chairs, blocks, etc.
- Invite people recurrently!
- Lead a meditation circle
- Lead a walking meditation



# Leading a Circle

- Lead ice-breaker rounds
- Share short insightful stories and readings
- Start with guided online meditations
  - Pema Chödrön
  - Jon Kabat-Zinn
  - Body scan
- Answer questions for beginners



[www.singing-heart-yoga.com](http://www.singing-heart-yoga.com)