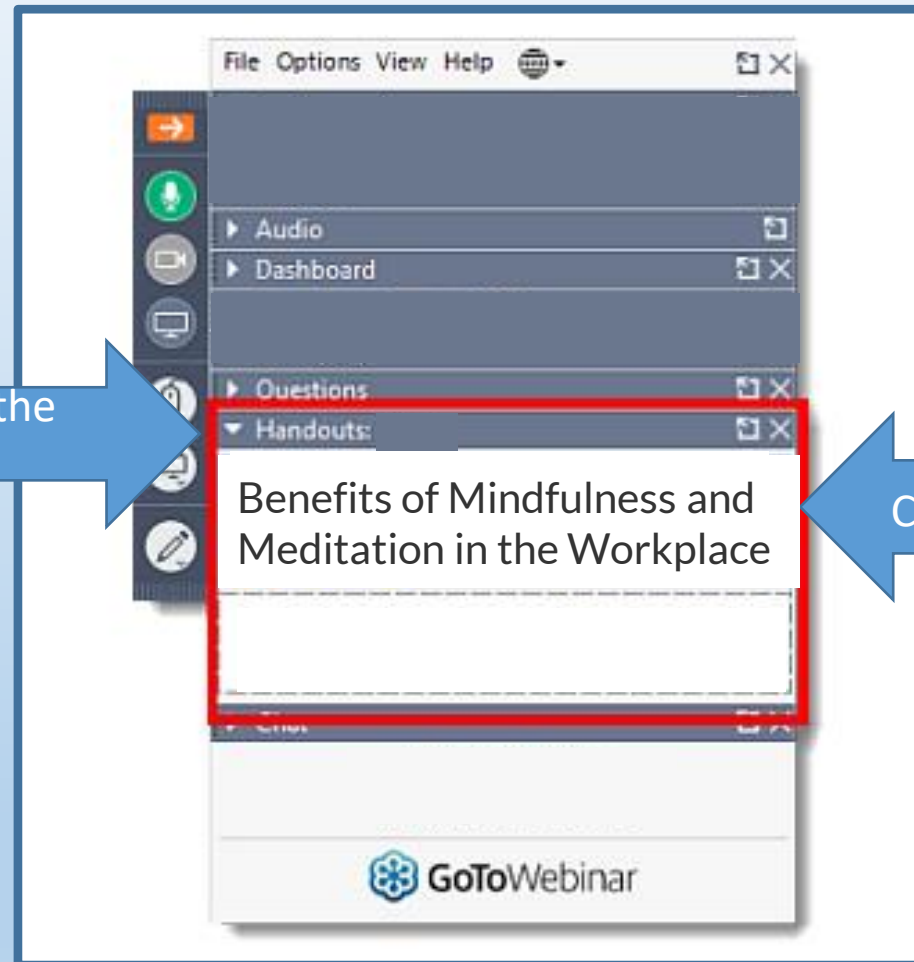


# Download Your Handout



Use mouse to click the  
dropdown arrow

Click to download

# Benefits of Mindfulness and Meditation in the Workplace

WELCOME!

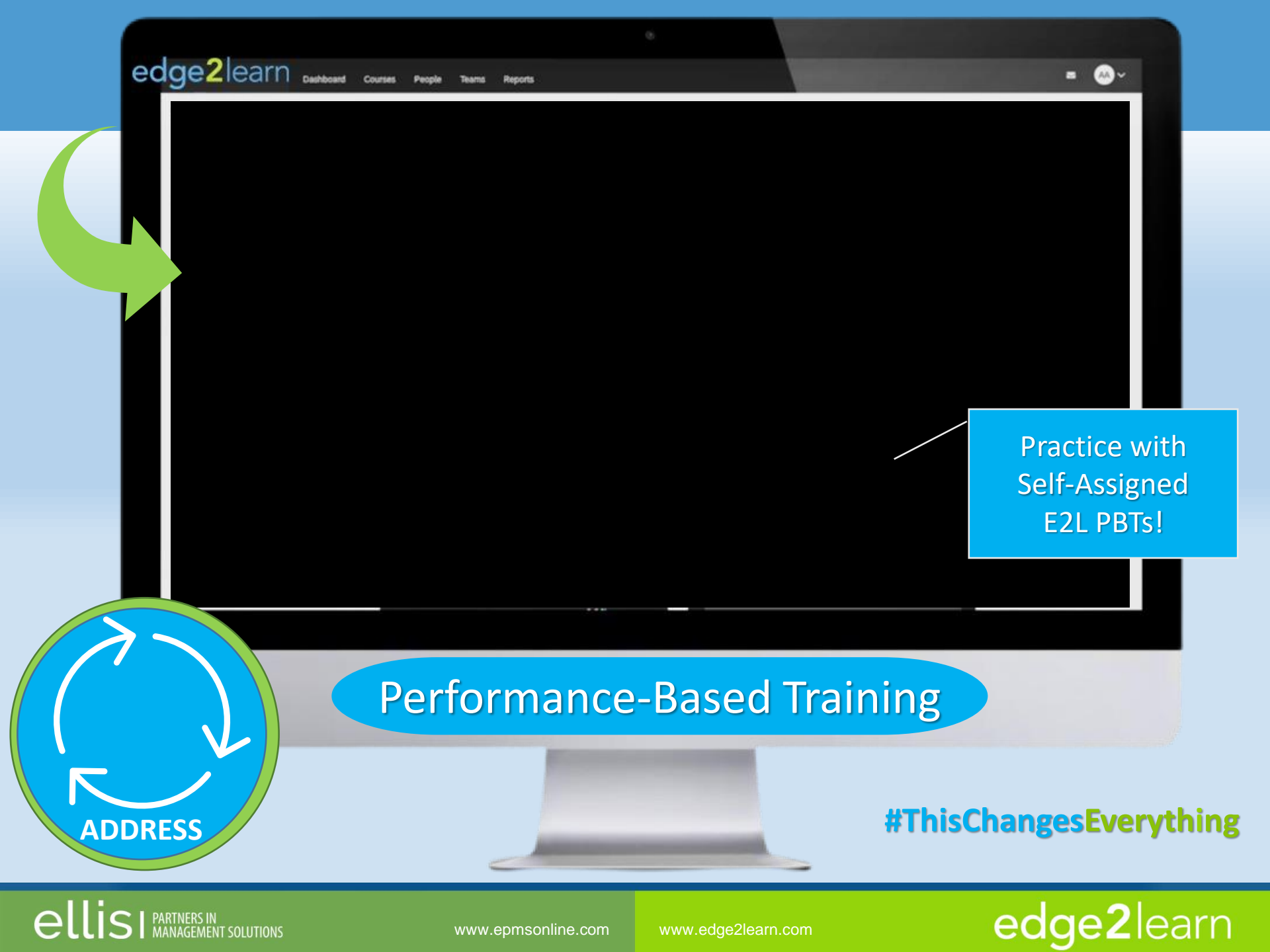
ALISHA LEYTEM

WELLNESS. SPIRITUALITY. LEADERSHIP.

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*Your Webinar Today is Presented by Ellis, Partners and Edge2Learn*





Practice with  
Self-Assigned  
E2L PBTs!

Performance-Based Training

ADDRESS

#ThisChangesEverything

# Thank you for joining us today!

## Want to learn more?



**Pam Pederson**

**Director of Engagement and Communications**

**Edge2Learn**

**[ppederson@edge2learn.com](mailto:ppederson@edge2learn.com)**



# Upcoming Webinars!

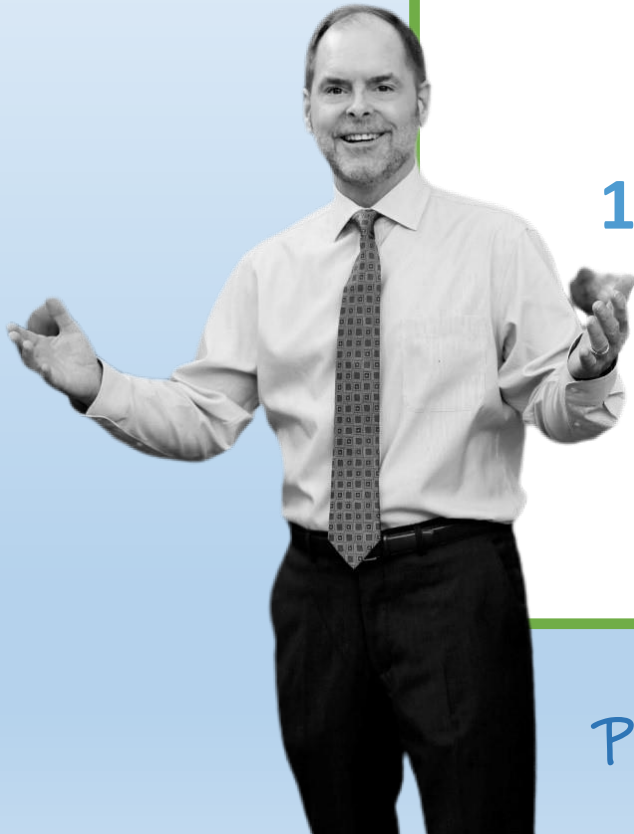
## Creatively Using Concessions in the COVID-19 Marketplace

**November 12, 2020**  
**1:00pm – 1:30 pm CST**

**Register:**

**[edge2learn.com](https://edge2learn.com)**  
**[epmsonline.com](https://epmsonline.com)**

*Presented by Rick Ellis*



# Upcoming Webinars!

## 7 Attitudes of Mindfulness

**December 3, 2020**  
**1:00pm – 1:30 pm CST**

**Register:**

**[edge2learn.com](http://edge2learn.com)**  
**[epmsonline.com](http://epmsonline.com)**



*Presented by Dr. Deborah Phillips*

# Today's Presentation!



# Meet Your Speaker: Alisha Leytem



- Transformation mentor, wellness teacher and retreat facilitator
- She has worked with hundreds of people worldwide since 2015
- Provides coaching, workshops, online courses, weekend retreats, speaking engagements and more to support personal transformation
- Certified Wellness Coach



# Benefits of Mindfulness and Meditation in the Workplace

Including a guided meditation with Alisha Leytem

November 5, 2020





# Mindfulness is NOT

- Another thing “to do”
- Becoming a monk or a hippie
- “Controlling” your mind
- A formal practice that takes hours





# What IS mindfulness?

To be mindful simply means to be present.

Mindfulness is to live with intention and awareness.



**Meditation is one simple act of practicing mindfulness.**

It is a PRACTICE to connect to your breath, let go, slow down and tune into the moment (where your personal power is)!

# What are the proven personal benefits of meditation?

Source:  
[The Good Body \(2019\)](#)

- 1. Reduces insomnia by 50%
- 1. Can increase your attention span by practicing regularly for just 4 days
- 1. Relieves back pain by 30%
- 1. Lowers blood pressure by 80% with regular practice
- 1. Improves general wellness





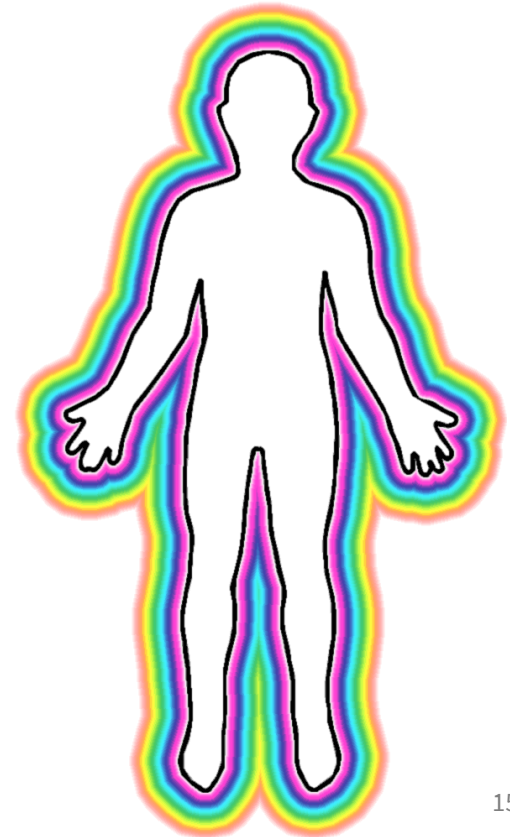


# How to practice mindfulness at work:

## 1. Slow down to speed up

Effective, mindful leaders take time to **slow down** in what they are doing to make the best decisions and actions. Try to **use your breath** to bring you back to the present (and **prevent burnout** with being motivated by stress)

*Practice Yourself: Next time you find yourself rushing through something, stop. **Take 3 deep breaths** before making an important phone call or writing an email.*





# How to practice mindfulness at work:

## 2. Do one thing at a time

**Multi-tasking is a source of stress** and leads to ineffective results. The mindful thing to do is to **focus on thing at a time**.

*Practice Yourself: Use a journal to **write down what task you are focusing on for the next amount of time and then set a timer.** Notice how you were able to stay on task or were distracted during the time.*





# How to practice mindfulness at work:

## 3. Practice gratitude

The **more grateful you are**, the **more happiness** and positive impact you will experience in your work, relationships, health, and creativity.

*Practice Yourself: **Write down one thing you're grateful for** with your work everyday. Do this **before you begin or close** out **your work day**.*





# Let's meditate

A guided mindfulness meditation.



**“If you want to  
conquer the  
anxiety of life, live  
in the moment;  
live in the breath”  
-Amit Ray**





# Thank You!

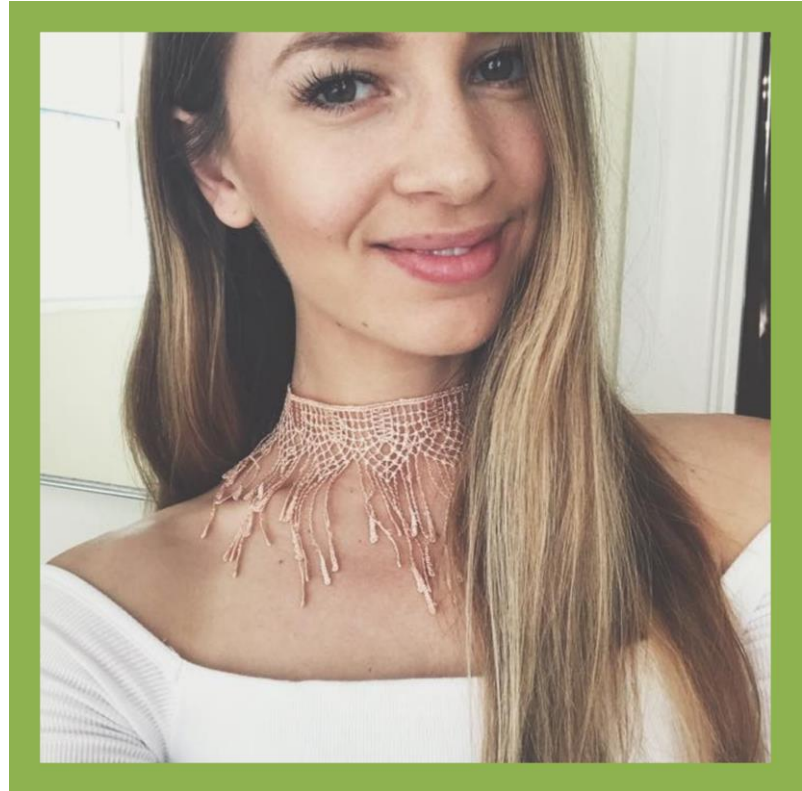
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Questions?

# From All of Us at Ellis and Edge2Learn

