

3 MINDFULNESS TECHNIQUES THAT CAN HELP GROW YOUR BUSINESS

DEEP LISTENING

REQUIRES YOU TO



Be Open Minded



Show Genuine Interest



Give Full Attention

REQUIRES YOU SUSPEND



Self-orientation



Reactive thinking



METHODOLOGY

Build trust. What the other person is saying comes from something true in their experience.



STRATEGY

Separate acknowledgement from approval/ acceptance/ agreement.



GOAL

Determine the purpose/need motivating what the person is saying.

WALKING MEETINGS

Increase creative output up to



Increases energy



Improves engagement



Get to the point quicker



Lowers blood pressure



Perfect for 2-4 people

UNITASKING

Average worker switches tasks every



to



It takes an average of 23 minutes to get back on task



When a thought pops in your head, acknowledge it but return to your focus

Focus on 1 thing at a time



RESULTS THAT IMPACT THE BOTTOM LINE



Improve Worker Performance



Reduce Sick Days



Reduce Employee Turnover

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