

Inspiring Ourselves & Others

Creativity, Awareness and Action

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Managing Stress: An Opportunity for Mindfulness

- **A Brief Introduction**
- **1) causes and symptoms of stress**
- **2) how stress effects our bodies & our minds**
- **3) what we can do about IT**
- **4) practicing mindfulness**

**Aligning the
INTELLIGENCES**

COGNITIVE - mind

EMOTIONAL - heart

SOMATIC – presence/action

SOCIAL INTELLIGENCE



G.R.A.C.E.

Ground, Relax, Aware, Center, Energize

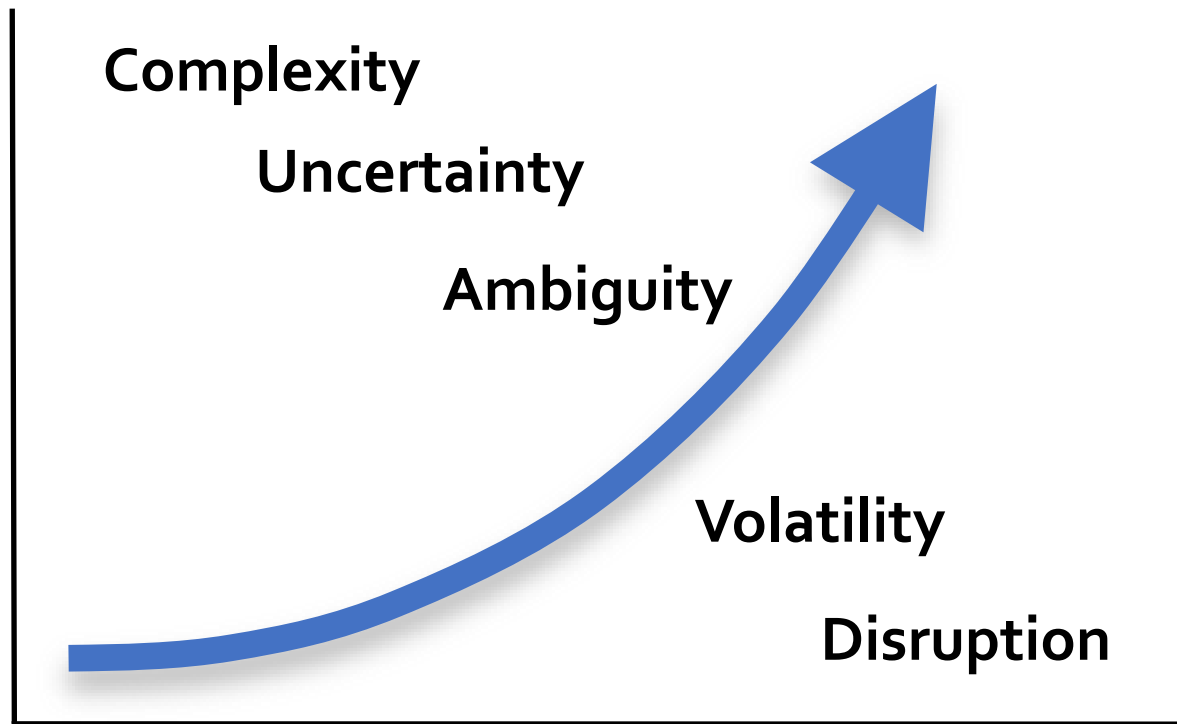
**Journey to the breath –
You are the bridge between....**

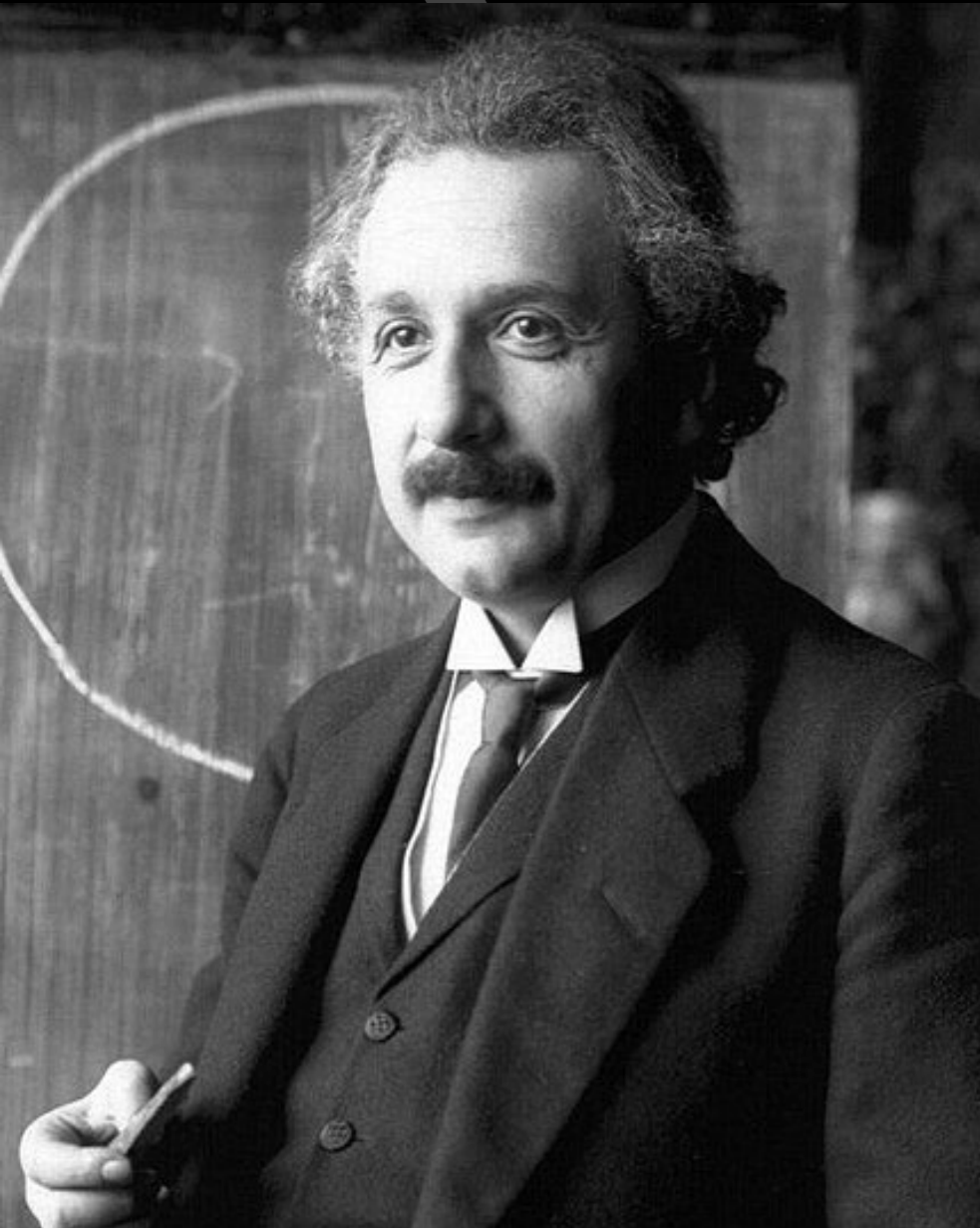
Relational Grounding – 360*

Core Questions from YOU

- How to listen more, communicate better (being really present), be more efficient, more relaxed, more focused, less burnt at the end of the day?
- How to protect our health while being individually and collectively intelligent “using quick and easy techniques” ?
- What are the best strategies in order to mix mind-heart-body approaches with team members

The New Global Business Environment





Adaptive Challenge

“The solutions to our current problems cannot be found from the level of consciousness that created them.”

Albert Einstein

ADAPT
EVOLVE
RESIST
CHANGE
EXISTING

Your Mind at Work

New Ways to Approach Those Niggling Challenges in the Office



Distracted & scattered

PRACTICE

Learn a practice where you follow a simple object (like your breath). The repeated returning to a focal point trains your attention.

BENEFIT

Focus. Your attention wavers less and you're not as easily pulled away by external distractions or internal chatter.



Annoyed by difficult colleagues, office politics, gossip

PRACTICE

Let others talk about themselves. Listen and consider what might cause them pain.

BENEFIT

Not as judgmental. You take more time to explore what might be causing other people pain and problems instead of assuming the worst.



Physically worn down by too much tension, rushing through meals, staring at screens

PRACTICE

Take a few minutes and let your attention scan your whole body from toe to head. Go breathe fresh air.

BENEFIT

Body awareness. You more often notice how you actually feel in your body and when it needs care.



Stuck: solution to a problem keeps evading you

PRACTICE

Sit quietly doing nothing for five minutes. Then as you contemplate the problem, imagine you're seeing it for the first time.

BENEFIT

Fresh eyes. Increased ability to let go of assumptions, expectations, and storylines and see things anew.



Frustrated with lack of progress in yourself or others

PRACTICE

Listen fully to a longer piece of music without doing anything else at all. This helps you appreciate rhythm, rather than trying to force things.

BENEFIT

Patience. You let things develop in their own time rather than always trying to push them.

Cost of Overwhelm

- **Partner share:**

In pairs, spend a few minutes sharing

a) what you are good at

b) what you need help with

Remedy One – Self awareness practices

5 facets of agile mindfulness:

1. **Observation – noticing what**
2. **Description – how, when where**
3. **Internal Non-reactivity**
4. **External Non-reactivity**
5. **Purposeful action**

Remedy Two – 'Other' Awareness

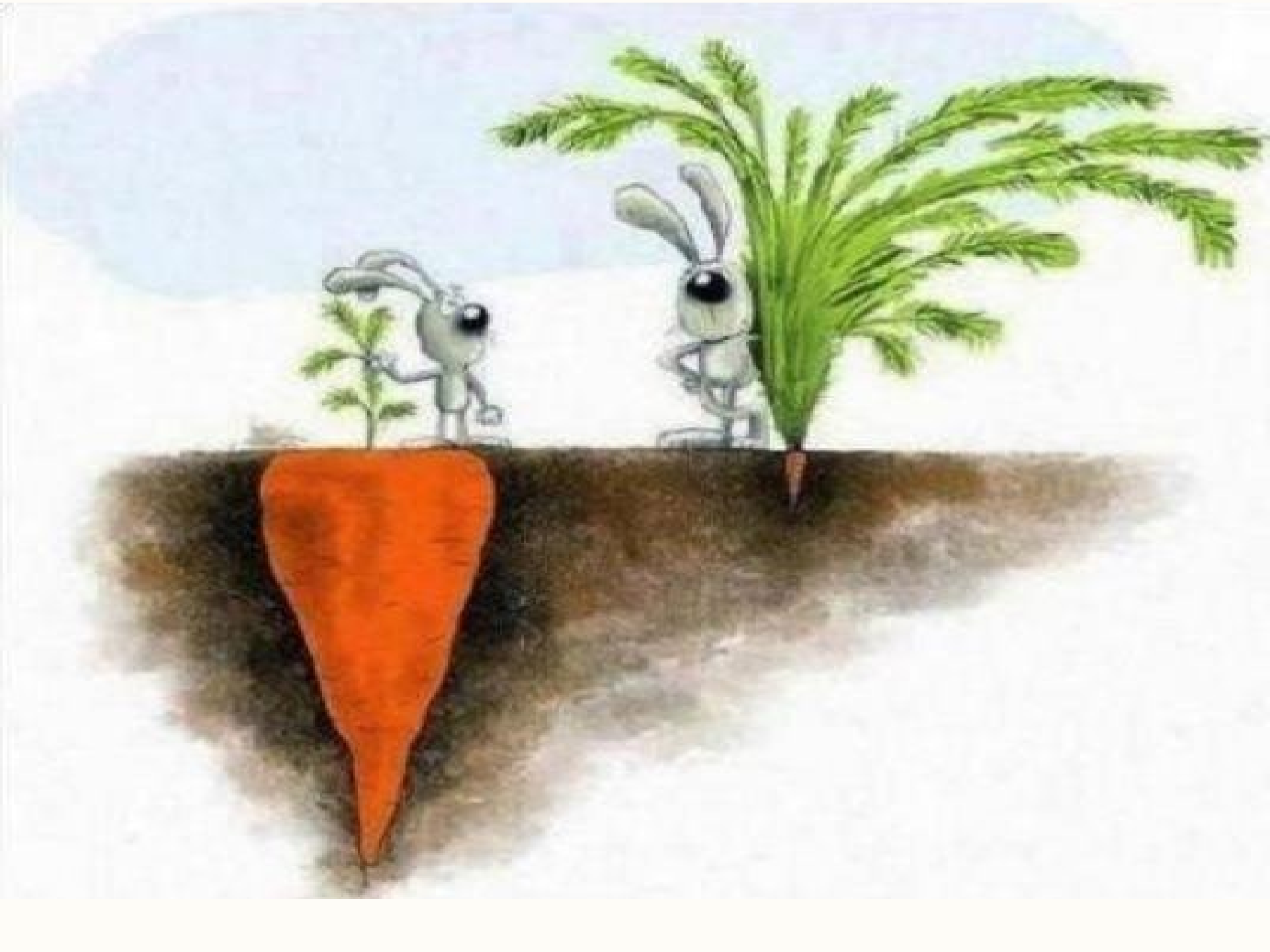
- **Care – Moving from 'ME" to "WE"**
- **We are all connected**



HOW TO BUILD A LASTING RELATIONSHIP:

1. Cut on dotted line.
2. Rotate 180 degrees.







Body Mind Integration

- **Creativity** - *Inspiring mindfulness (mind sets)*
- **Awareness** - *Inspiring grounded compassion (tool sets)*
- **Action** - *Inspiring hope (skill sets)*

Activity with one other person –
open mind, open heart, open & embodied

OPEN, CONNECTED & PRESENT

Remedy Three – Conversations for Action & Possibility

- **Managing Capacity =**
- **Saying 'No' and allowing**
- **Breakdowns**

EMBODYING INSPIRATION

- **Mind sets - new ways of thinking**
- ***Skill sets – new & adaptive behaviors, competencies, attitudes***
- **Tool sets – techniques, practices, models to sustain wellbeing for myself and for others**

Reflection

What inspired you?

What challenged you?

What surprised or delighted you?

What moved you deeply?

"What day is it?"
asked Pooh.
"It's today,"
squeaked Piglet.
"My favorite day,"
said Pooh.

