



**CONNECTED
BUSINESS**

7 STEPS TO MINDFULNESS AND COMPASSION @WORK

MANUAL
Step 3: Practice

7 Steps to Mindfulness and Compassion @Work

Step 3: Practice

Today we will explore step 3 from our 7-step program. It is about finding and deepening your own practice and learning new methods and tools. You will get a broader understanding of what mindfulness can be in its great variety of different practices and benefits and how to use these different methods.

Before we dive deeper into the content we invite to a short arriving practice....

Mindfulness practice

Arriving, connection with the present moment and the body: add any observation of what came up for you during the exercise. What is important for you today?

There is a huge variety of mindfulness practices. Mindfulness does not only mean meditation but can be practiced in different variations. We want to introduce you to those practices that we love and that we deeply integrate into our daily routine.

Our very own way of defining mindfulness is to step out of the autopilot and be present in the moment.

We also really like Jon Kabat Zinn's definition:

*“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.
It's about knowing what is on your mind.”*

Thich Nhat Hanh describes it this way:

“Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life.”

What we experience, what all have in common is helping you to balance your mind, body and spirit and helps you to step out of the autopilot and supports you to find your own way of living.

No matter how you want to define it, find your very own way, because it is something very personal. A regular practice will support you in your daily work because it will train your skill to get out of autopilot and into the present moment.

Meditation

In the core of Mindfulness is what we call Meditation, which is basically watching your own thoughts, emotions and sensations and becoming aware of them and the patterns behind. Meditation helps us to put some space between ourselves and our reactions, breaking down our conditioned responses, and starting to live a conscious life.

Angel: *“For me meditation was the deep experience of equanimity. One of the strongest experiences I had was with the technique of Vipassana. It is basically becoming aware of all sensations in my body and having the capacity of not reacting to them. Not wanting to change the uncomfortable sensations and craving for a more pleasant sensation. Equanimity! A huge difference to equality. It is a quality that helped me to start seeing the world more as it is and not as my conditioned mind wanted to see it. A step into my self-empowerment and freedom.”*

Bodywork

The most famous is Yoga which has several types and styles (Hatha, Forrest, Kundalini, Tantra, etc). It can be working with the breath using techniques like pranayama, being present with the body like body scan, observing energy in the body e.g. Chi-Gong. It's all about awakening your life-energy and reconnecting with your higher self. And it is much more: if you want to raise your emotional intelligence the body is key because self-awareness is the foundation of emotional intelligence and body awareness is crucial for that.

Mounira: “For me personally yoga was one of the crucial practices to enhance my mindfulness because I learned to understand my habitual thinking and the ways my emotions worked and how they subconsciously shape my behavior. I did several yoga teacher trainings to understand more about the dynamics of the body and found the deeper I got the better I became as a leader and the more focussed, inspired and creative I became at work. I thought my work and my yoga practice are two different things but the experience showed me that the insights I had on the mat helped me to understand myself better and the ongoing practice created different patterns that helped me again away from the mat in my business life. And the best thing about it was to step into who I actually want to be and to become more authentic.”

Coaching

Coaching is also a very popular way of getting more mindful personal and company growth. We both are trained coaches and we were lucky to experience how powerful it can be to support people finding their very own answers.

Coaching is a form of development in which a coach supports a learner or client in achieving a specific personal or professional goal by providing training and guidance.

So it is not a therapy or going deep into the pains, it is more a process of being aware of the pains and getting very fast focused on what you want - it is more future driven.

A core element of coaching is to work with questions so that the learner can find his/her answers.

Systemic constellation is another work of coaching which helps to understand and release circumstances and is the coaching form bridging the energetical work.

Shamanic Work

Shamanism is an ancient healing tradition that we find in all our cultures. It is a way to connect with nature and all creations, a respectful communication between the worlds that helps us to understand our world better. There are many ways to work with Shamanism. The part we are focussing on are ceremonial rituals, that help us to let go of things that don't serve us, creating sacred spaces supported by the spirits to achieve higher consciousness.

Angel: "Shamanism and Spirituality are still words we do not use much in common life, especially in the business world. When I started to explore this world after my second burnout 15 years ago I got confronted with this kind of language and world for the very first time. And I was super afraid because I didn't understand a word. Feeling, sensing, spirits and Mother Earth were abstract words.

After working with several indigenous communities and observing their attitude: how they treated their food, the land they are walking on and the incredible amount of humbleness they walked on the planet, my heart and soul started to open and believe that there is much more than what I can see.

So in the past 15 years I slowly and gently learned how to translate this mystical world for my modern lifestyle.

Nowadays I use shamanic elements to support other methods like coaching. They help me and my clients to surrender to something higher and ask for support and guidance, deeply knowing that there is more than what we see.

If you once demystify this work you can get your personal access and find a way to integrate it in very simple things."

Compassion & Gratitude

Science shows that compassion is the shortcut to happiness and coming out of a self-occupied mindset. Success depends on your mindset.

Mounira: "I personally love this practice and do it every day - it only takes a few minutes to think about the things you are grateful for in life, at work, in your family and so on. And compassion for me is to give compassion to myself - valuing who I am and send the best wishes to everyone else in the world. You might ask again - how is that important for business? The more you

cultivate gratitude and compassion the more you will build a habit to bring this into all areas of life. When was the last time your boss told you what he is grateful for in your work? When was the last time you told this to a colleague?

Wishing everyone well can influence how we feel for others so our behavior can change into doing things that are the best for all.”

Affirmation exercise

Prayers, singing, meditations, dancing are all a kind of affirmation giving us focus in our daily lives.

It basically follows the same principle as gratitude and compassion: the more you regularly are playful, say your wishes, let your body move the way it wants, the more you can bring these qualities into every aspect of your life. E.g if your body is relaxed through a nice dancing session in the morning, your creativity will flow better - if our body is tight and unrelaxed it affects all areas in our life.

There is so much more to say but we only have a short amount of time here and we would like you to experience one of them, rather than talking about it too much. If you want to dive deeper, join one of our live trainings and stay connected with us as we will continue to offer more deepening content over time.

Mindfulness Practice

Drumming meditation: add any observation - what came up for you during the exercise?

Homework Exercise

- *Try at least two of the mentioned practices and see how they resonated for you. There are a few recordings below but you can also go to a yoga class, use some of the YouTube videos online or find other resources - write down how the experience was in your workbook*
- *Use one of these meditation recordings to create an ongoing mindfulness practice 2 times this week - Recordings: affirmation, mindfulness meditation, drumming meditation*

Thanks for sharing your time with us and we look forward to our next session.

