



*Smart Tribes Institute presents...*

# Five-Minute Mindfulness: Two Power Practices For Leaders

# In this presentation you will learn to:

**Increase inner stillness and focus** to navigate growth and change more effectively

**Increase inner peace**, regardless of what's happening outside of you

**Increase access to insights, winning strategy, and vision**

**Expand your capacity to lead** more effectively and create teams that are more engaged, productive and accountable

**Increase your level of fun, joy, ease** overall in life and business

**First, let's look at what  
mindfulness does to your brain...**

# Meditation And Mindfulness Practices have been shown to:

**REBUILD** the brain's grey matter in just 8 weeks.

**INCREASE** cortical thickness in the hippocampus, which governs learning and memory.

**INCREASE** cell density in prefrontal cortex which affects vision, planning, emotional regulation and more.

**DECREASE** brain cell volume in the amygdala, which is responsible for fear, anxiety, and stress.

**DECREASE** activity in the Default Mode Network, responsible for mind-wandering and self-referential thoughts, a.k.a. "monkey mind".

And here's what that has meant for  
some of the leaders we've worked  
with...

Time To Achieve Results Before Implementing Mindfulness And Ancient Wisdom Strategies

Time To Achieve Results **After** Implementing Mindfulness And Ancient Wisdom Strategies

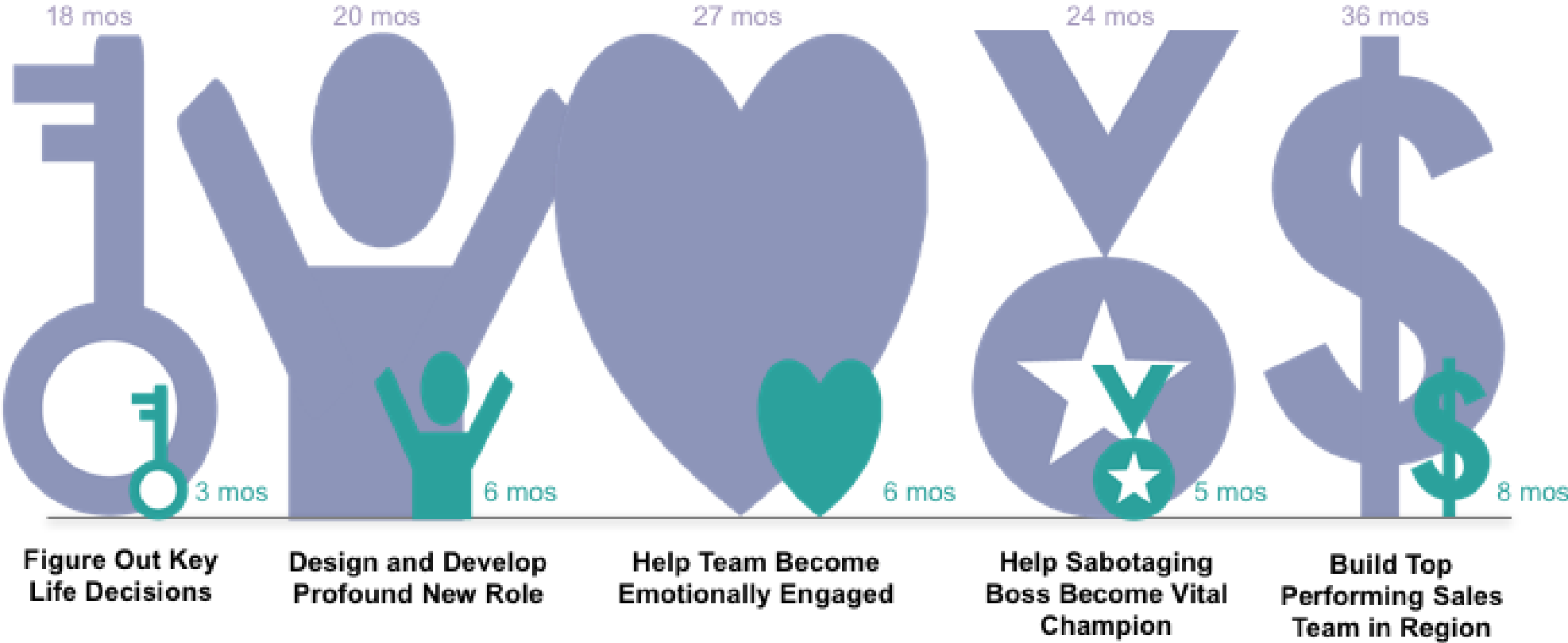


Figure Out Key Life Decisions

Design and Develop Profound New Role

Help Team Become Emotionally Engaged

Help Sabotaging Boss Become Vital Champion

Build Top Performing Sales Team in Region

When our leaders practice mindfulness, they don't suffer from burnout and they have the energy to lead both fulfilling professional and personal lives.

They spend less energy and get better results by helping their team members know what they need and expect.

They communicate clearly, set expectations and accountability structures, maximize meetings, and ensure everyone is on the same page.

They learn to accomplish  
*MORE*, while investing *LESS*.

Here's why...



One of the biggest causes of stress is ruminating, or repeating a certain stressful thought. The brain sets off down an old thinking pattern and stays there.



Mindfulness meditation re-grooves the brain and builds a new neurological network. Do it enough and you can train your brain like a muscle to stay calm and present in the face of adversity or good old daily stresses of life.



That's why meditation is referred to as  
“practice.” As in “I’m practicing meditation”  
or “I have a meditation practice.”

You're teaching your brain to interrupt  
repetitive patterns, calm and center itself.

It takes practice to get to automation, but  
it's worth it.

Use the following two practices to get started with mindfulness or take your existing mindfulness practice to the next level.

Choose the exercise that resonates with you most and commit to doing it daily.

Start with as little as five minutes/day and increase as you feel able.

# Practice #1: The News Feed



Imagine a news feed across the bottom of a TV screen.  
There's a bit of news, then some white space, then more  
news, and so on.

Your thoughts are like the news. There's always more!



Thoughts....

Thoughts...

Thoughts...

Thoughts...

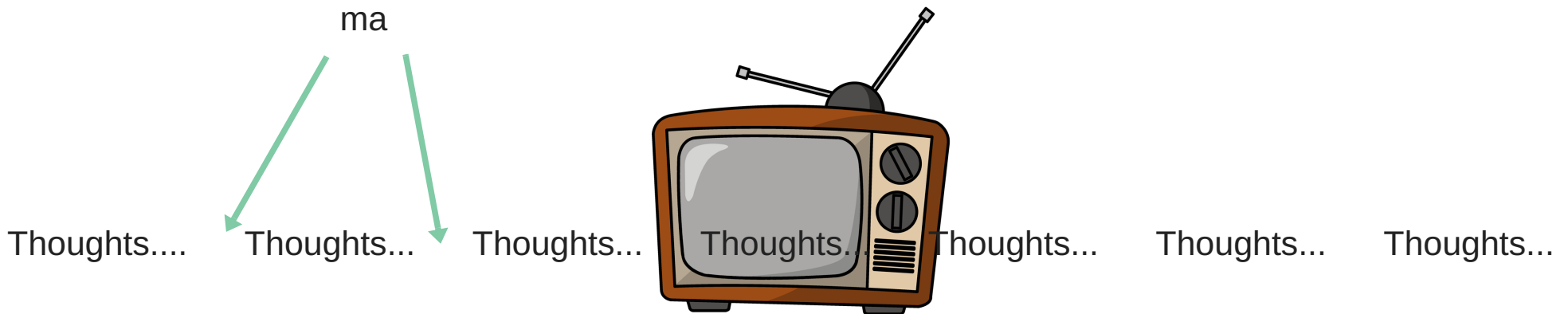
Thoughts...

Thoughts...

Thoughts...

Now focus on the white space between the thoughts.

In Japanese, the word *ma* is loosely translated to mean 'pause' – the pause between notes, the pause between breaths, the pause between sentences, the pause between thoughts.



As you focus on the white space between the thoughts,  
you'll find it getting wider, longer, bigger.

In time you'll see mostly emptiness, with few if any thoughts.





Focusing on ma, pause, emptiness, is a nice practice during the day too. Stop and notice open space as conversations pause, as music pauses.

We are surrounded by pauses. That's where some of the best stuff is. We often fill our minds and schedules out of fear of emptiness.

Yet emptiness is where true peace and connectedness and love can always be found.

# Practice #2: Heart Opening Practice



Say “ me” and touch your chest. If you do this a few times, you’ll notice you always touch the same area.

This is the position of your spiritual heart, or your heart center (or chakra).



Close your eyes. Place your inner focus on your heart center. See a rosebud there, choose whatever color you like.



Now see the petals slowly unfolding in your heart center. This rosebud has an infinite number of petals. See them unfolding as the rose gets bigger and bigger, filling up your chest.

Keep focusing on the rose unfolding. When thoughts arise, let them pass, do not cling to them or reject them. Simply focus on the rose unfolding.



Ready for the  
next step?

# Join Our Mindfulness Retreat

We help leaders step away from the noise, to get still, to reconnect with who they are and what really matters.

Learn more at

[www.SmartTribesInstitute.com/STIRetreat](http://www.SmartTribesInstitute.com/STIRetreat)

Have questions? Email us at

[Ops@SmartTribesInstitute.com](mailto:Ops@SmartTribesInstitute.com)



*For over 30 years, Leadership & Culture Coach and SmartTribes Institute CEO, Christine Comaford has been helping leaders create remarkable performance.*

# Want more brain-based tools to lead your team to the next level?

Head over to

[www.SmartTribesInstitute.com/FreeTools](http://www.SmartTribesInstitute.com/FreeTools)

to get the tools our clients use to:

- Inspire greater responsibility in teams
- Exceed sales quotas
- Accelerate the sales process
- Increase client response rate
- Build rapport with anyone



# Thank you!



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