Want A More Creative Team? Help Them Be More Mindful Proof That We Can Create Creativity

Our brains have 100 billion available neurons but we only activate about 15% of them.



How do we gain access to more neurons? And would that make us more creative?



We need creativity to solve problems, to have insights, to adapt and adjust—essential skills we need access to in turbulent times.

And to do that, we need to be more mindful.



Research shows that even a tiny bit of mindfulness training can boost creative output*:



After only 10 minutes of meditation, 7 out of 10 people had more creative ideas



Over time, teams who meditate are 121% more able to build on the ideas of others



Meditating teams are more innovative overall, better at problem solving, have more cognitive flexibility, and more

*See Harvard Research Study at: https://pqdtopen.proquest.com/doc/1891619873.html?FMT=ABS

Here's how we create a culture that supports creativity:

Ensure your organization supports the importance of having insights, stepping back, approaching problems with fresh eyes.



Start meetings with a presence practice.





Offer a meditation room or at a minimum a "quiet zone" where people can do a 10 minute meditation whenever they want.

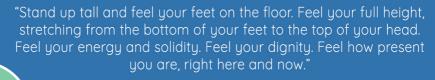
Side note:

Mindfulness
essentially means
awareness. It means
paying attention first
to oneself and being
present to oneself
(how you're feeling,
what you're noticing
inside yourself
and outside
yourself.)

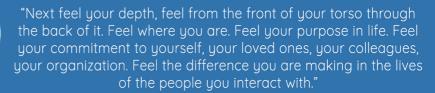


Presence Practice

Start each meeting with the following Presence Process to foster safety, belonging, mattering:



"Next feel your full width, the width of your feet, legs, torso, arms, chest, head. Feel the amount of space you occupy on the planet. You're supposed to be here. We're all so glad you're here with us."



"Thanks for being present with us all today. Your being here matters. Your being part of this tribe matters. (Look at each person for a second to establish connection). Ok, let's start the meeting."



When leaders use these tools to promote mindfulness, they get results like these*:



67-100% Increased Engagement



35-50%+ Increased Productivity



11-53%+ Reduced Employee Sick Days

*Stats are from over 1,000 of SmartTribes Institute's coaching and workshop clients

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