

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.



(like this one)

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.)



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



Presence Practice

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



“Stand up tall and feel your feet on the floor. Feel your full height, stretching from the bottom of your feet to the top of your head. Feel your energy and solidity. Feel your dignity. Feel how present you are, right here and now.”



“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.”



“Next feel your depth, feel from the front of your torso through the back of it. Feel where you are. Feel your purpose in life. Feel your commitment to yourself, your loved ones, your colleagues, your organization. Feel the difference you are making in the lives of the people you interact with.”

“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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