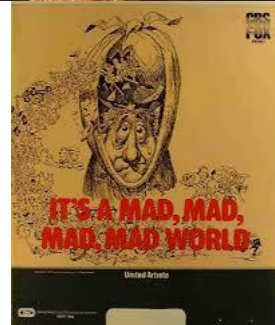
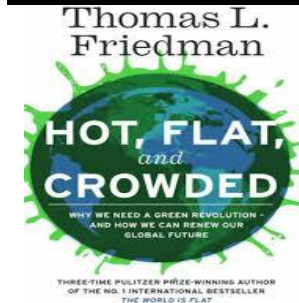
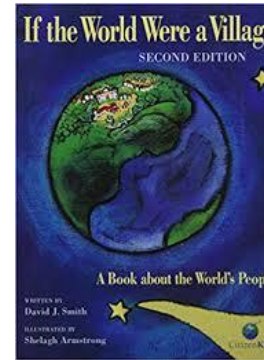
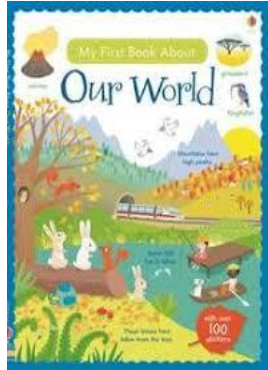




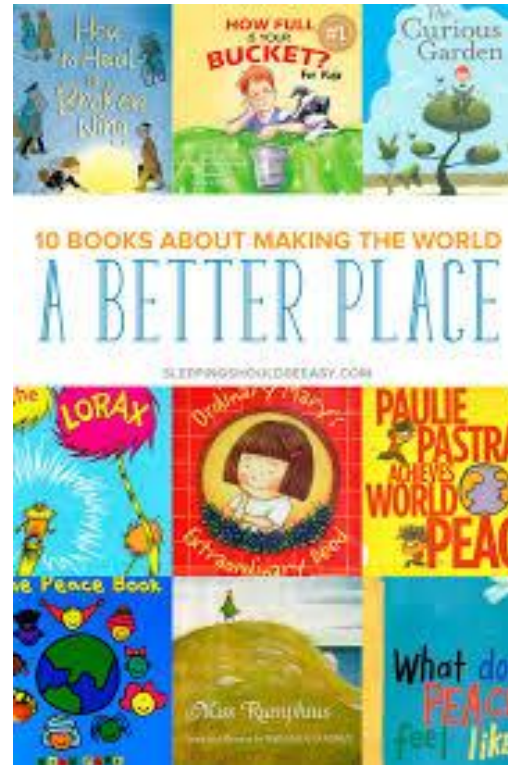
Mindful Leadership

To Co-create A More Inclusive, Sustainable and Better World

Which is Your World & Your Future?



Is there a better world ? Who is responsible for it ?



The 4th Industrial Revolution: Technology re-defining humanity

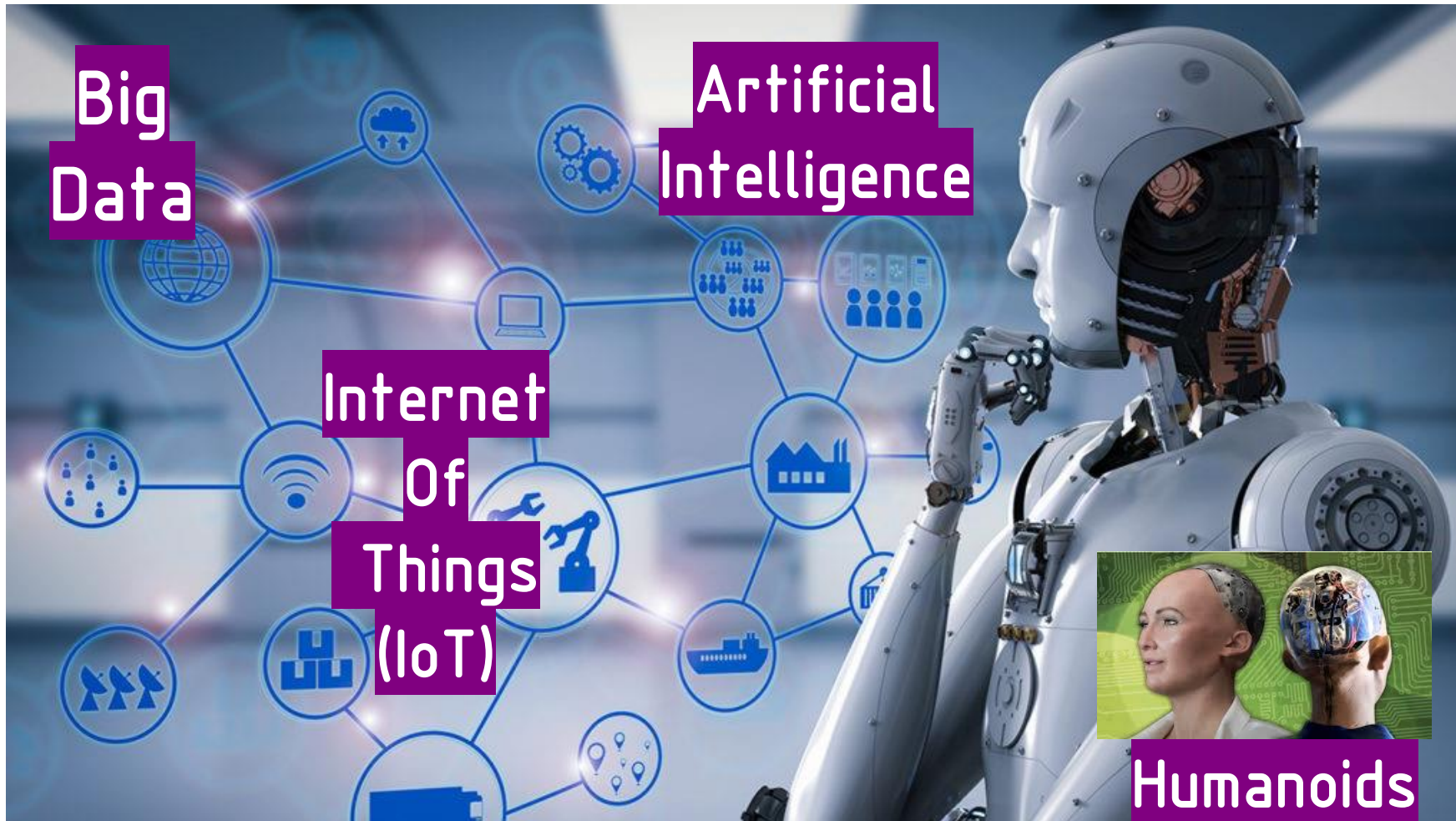
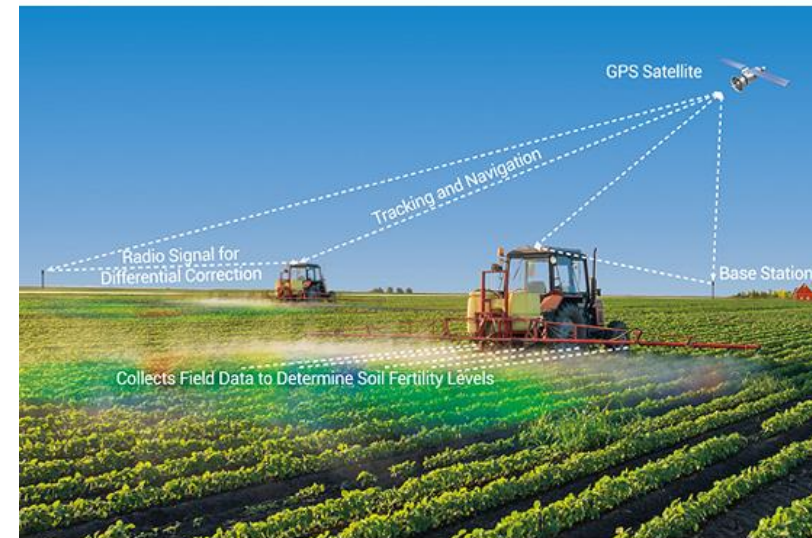


Image source : <https://inc42.com/buzz/budget-2018-ai-ml/>

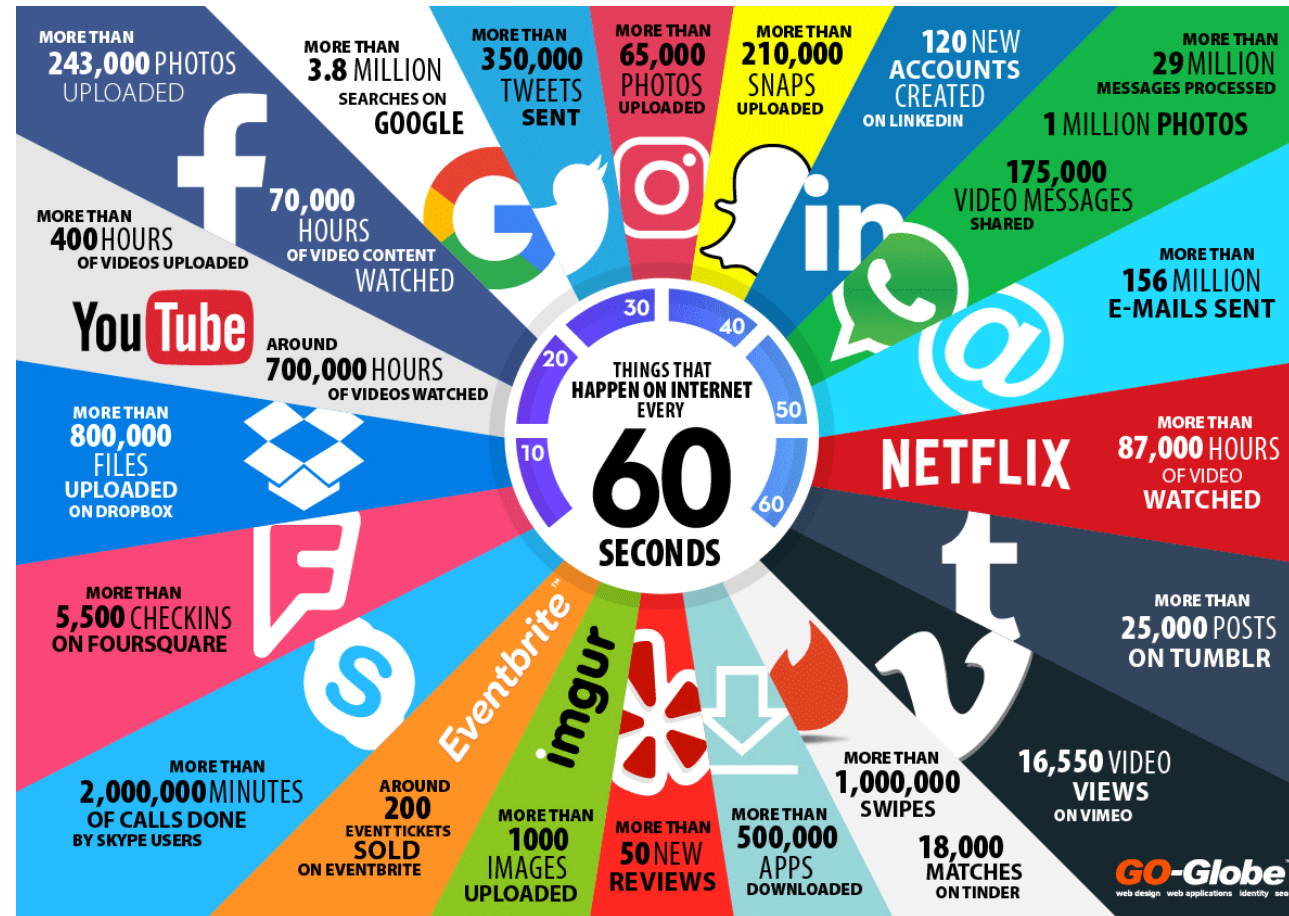
Exciting Brave New World...



- <http://www.nexcom.com/news/Detail/nexcom-vehicle-mount-computers-increase-efficiency-of-precision-agriculture-in-asia>

Non-stop Connectivity...

Data Never Sleeps...



• Infographics courtesy of Go-Gulf Web Design Company



IS STRESS KILLING YOU? — DEATH BY STRESS —



Stress in the US has increased **30%** over the last three decades

35% of American workers are **CHRONICALLY** stressed this year

WOMEN ARE MORE STRESSED OUT AT WORK THEN MEN

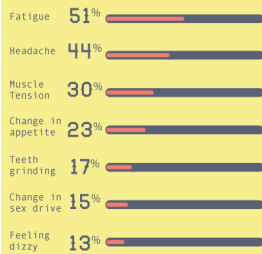
They're likelier to feel tense over the course of an average workday, and likelier to feel as if their employer doesn't appreciate them

38% of **WOMEN** say they aren't paid adequately for their work compared to **27%** of **MEN**

TOP REASONS PEOPLE ARE STRESSED

- 1. Job pressure** Co-Worker Tension, Bosses, Work Overload
- 2. Money** Loss of Job, Reduced Retirement, Medical Expenses
- 3. Health** Health Crisis, Terminal or Chronic Illness
- 4. Relationships** Divorce, Death of Spouse, Arguments with Friends, Loneliness
- 5. Poor nutrition** Inadequate Nutrition, Caffeine, Processed Foods, Refined Sugars
- 6. Media overload** Television, Radio, Internet, E-Mail, Social Networking
- 7. Sleep deprivation** Inability to release adrenaline and other stress hormones

PEOPLE WHO CITED PHYSICAL SYMPTOMS EXPERIENCED THE FOLLOWING



IF DYING DOESN'T CONVINCE YOU TO DESTRESS, DO IT FOR YOUR KIDS

Studies show that kids catch your stress. Parental stress when children are young has been found to **change children's DNA** by the time they became teenagers.

The number of parent stressors has been **directly linked to childhood obesity**.

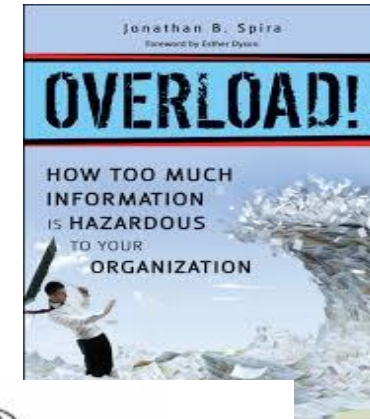
HOW YOU CAN DECREASE STRESS

- Guided Imagery
- Journaling
- Exercise
- Meditation
- Listening to Music
- Breathing Exercises
- Sex
- Self-Hypnosis

Presented by: BestTherapySchools.com

Sources:
<http://www.statisticbrain.com/stress-statistics/>
<http://stress.about.com/od/stresshealth/a/cortisol.htm>
<http://www.livestrong.com/3558-parents-stress-kids-dna.html>
<http://www.webmd.com/parenting/baby/crying-colic-9/stress-and-your-baby?page=2>
<http://pediatrics.aappublications.org/content/early/2012/10/15/peds.2012-0895.abstract>
<http://www.theguardian.com/2013/03/05/work-life-balance/new-survey-women-experience-more-work-stress-than-men>

Information Overload & Stress...



14% felt like striking a coworker.



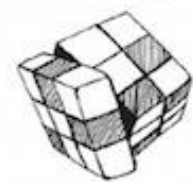
25% have felt like screaming.



18% have experienced some form of threat or verbal intimidation.



Stress reduces focus and memory by **25%**



Problem solving ability declines more quickly from chronic stressed, resulting in



Stress overloads your prefrontal cortex - the part of your brain that deals with working

<https://www.mindjet.com/blog/2014/02/cost-of-stress-infographic/>



Impact of stress...

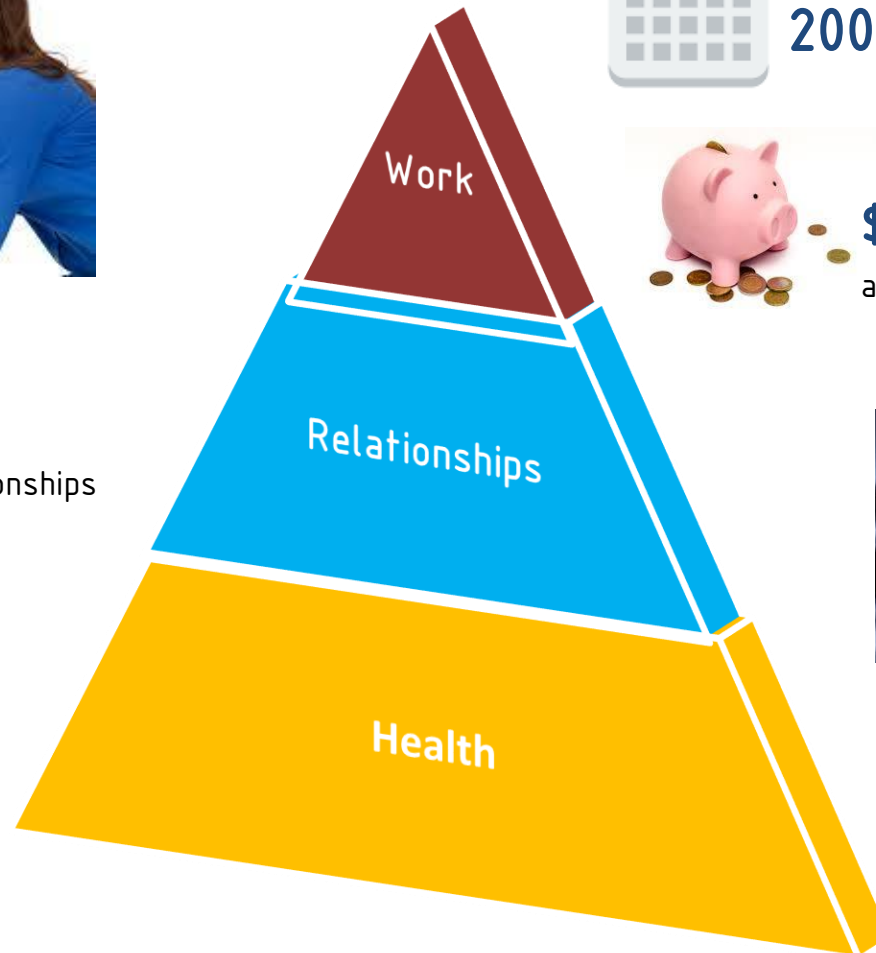


29% yelled at co-workers

54% says impacted relationships



44% headache & fatigue



200M work days are lost

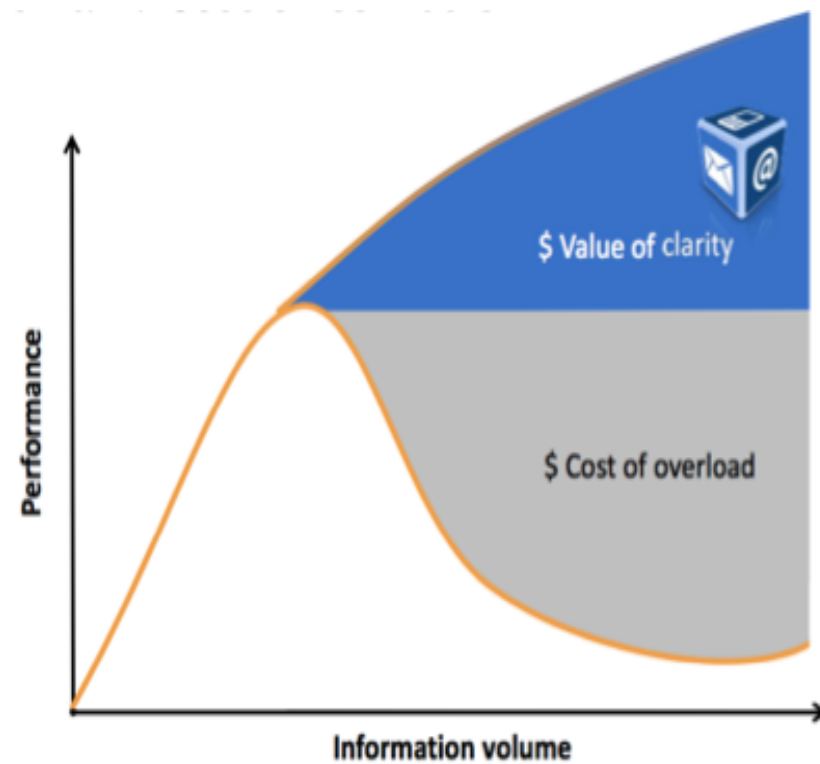


\$300 billion
annual costs to employer



50%
depression, irritability
& anger

Source: <https://www.stress.org/workplace-stress/>



- <http://cadbox.com.br/wp-content/uploads/2016/01/Roda-do-Rato-Man.gif>
- <https://giphy.com/explore/hamster-wheel>

Are you driving the change
or
Are you being driven by it?

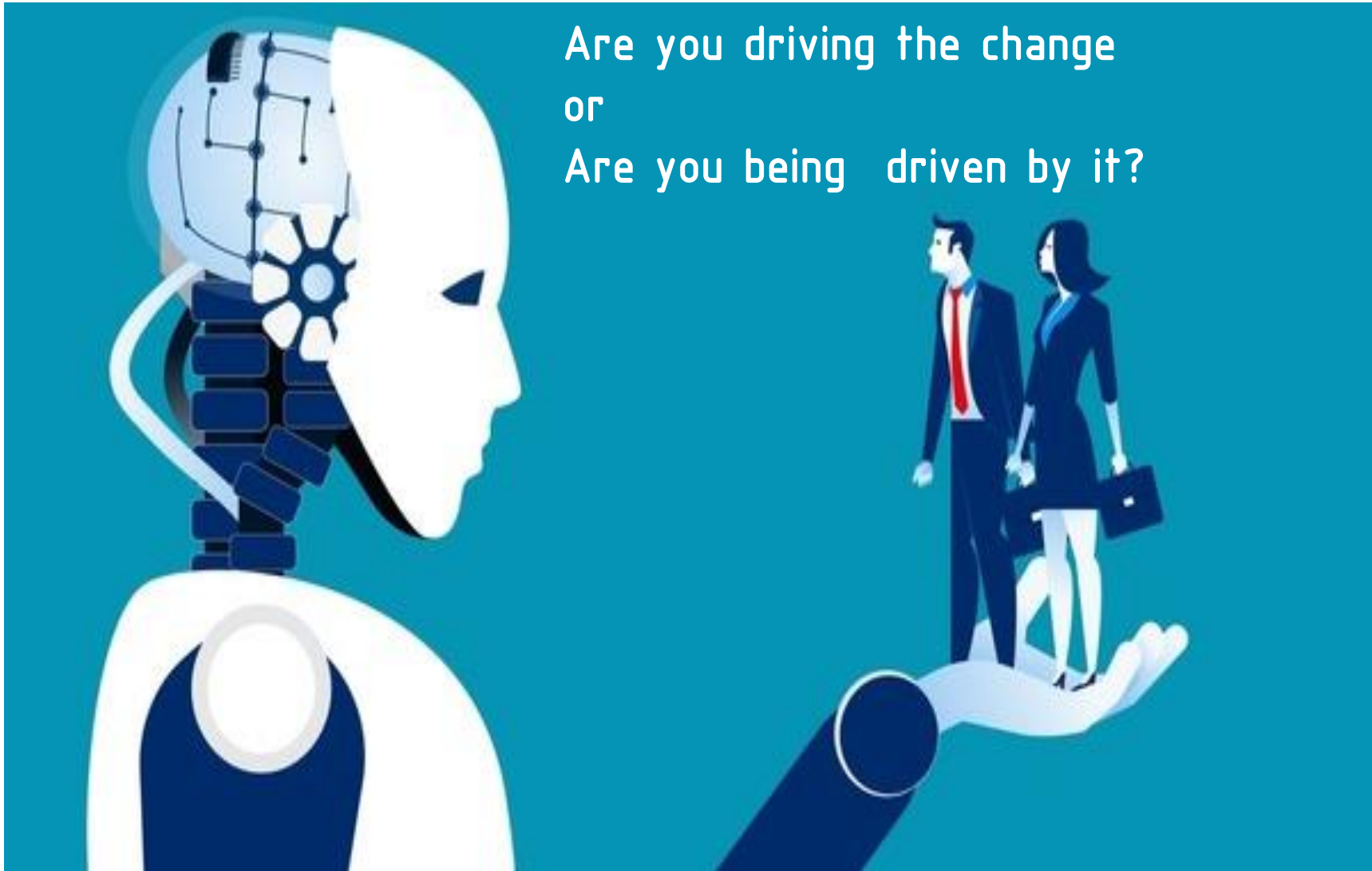


Image source: <https://www.tradeidee.nl/columns/de-potentie-en-het-gevaar-van-artificial-intelligence/>

Are you driving the organization or being driven by it?



Image Source: <https://www.sbsgroup.com.sg/blog/does-singapore-offers-more-ease-of-doing-business-than-the-middle-east/>

Is it time for you to pause and introspect ?

Introspect : Examine one's thoughts and feelings

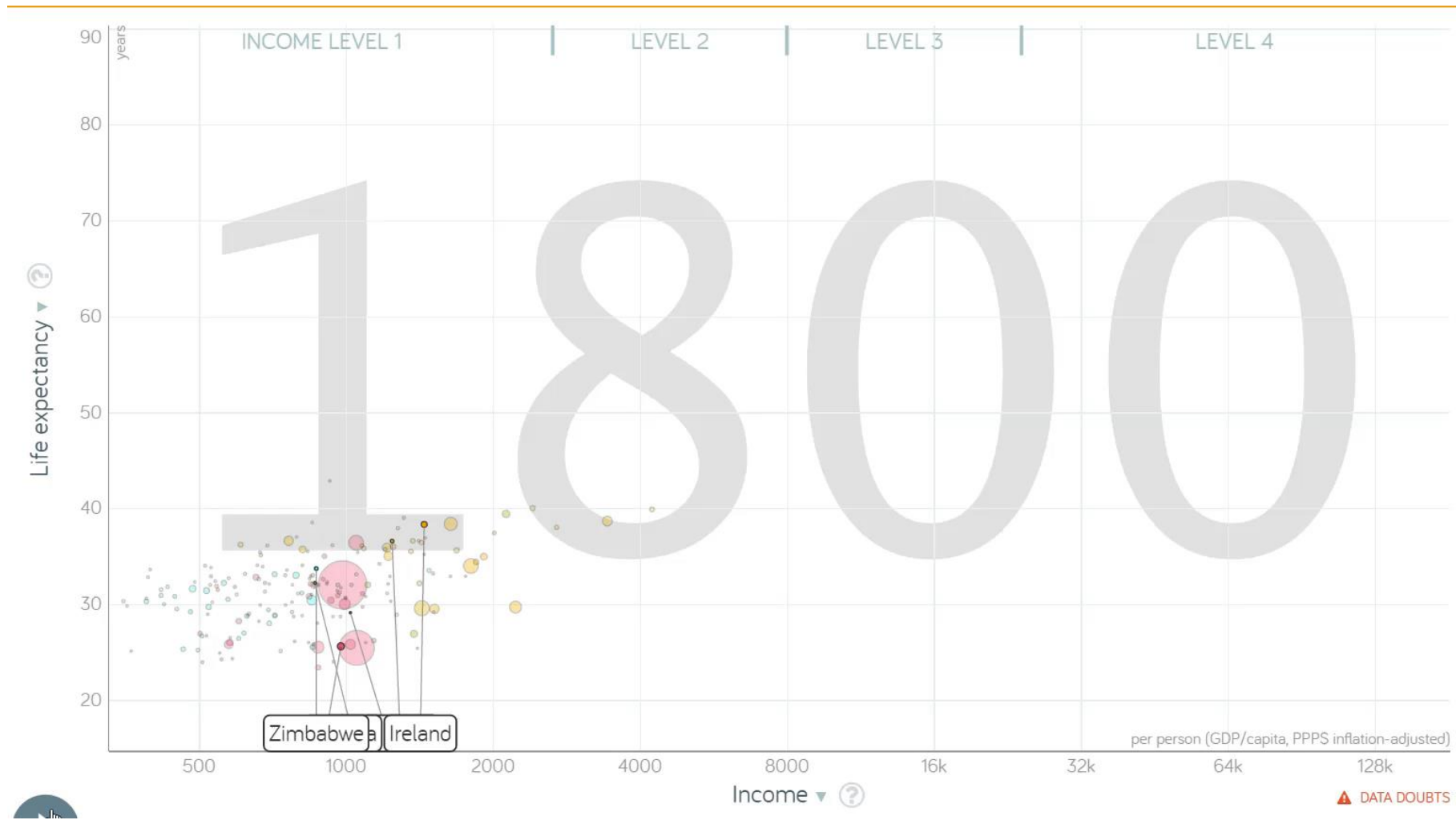


Image: <https://piktochart.com/>

Where are you going ?

Where is the world going ?

Indicative measures of country's growth & development



Source: Free material from www.gapminder.org

A tale of two leaders



Lee Kuan Yew, Singapore

Prime Minister 1965 – 1990

Minister Mentor, 1990 – 2015

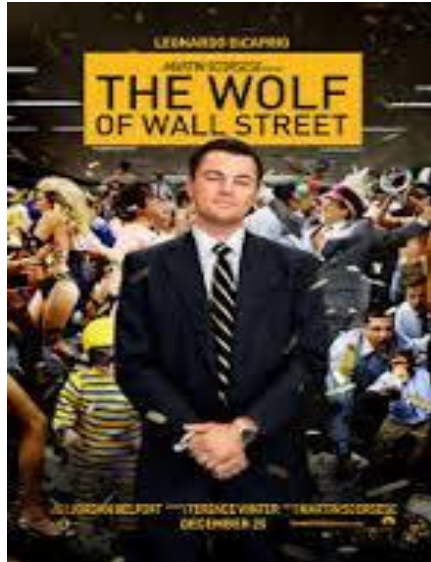


Robert Mugabe, Zimbabwe

Prime Minister, 1980 – 1987

President, 1987 – 2017

Leadership in the corporate world



"I know the difference between right and wrong, but it hasn't held me back."



2. Bill and Melinda Gates Cofounders, Gates Foundation

The scourge of malaria has a way of rising from the mat, when science seems to have knocked it out. Fortunately,



Maurizio Gambarini—Picture-Alliance/DPA/AP

4. Moon Jae-in President, South Korea

Moon took office last May under inauspicious circumstances—his predecessor was impeached for corruption. Yet Moon speedily enacted reforms aimed at creating a fairer economy, such as boosting the minimum wage, expanding health coverage, and addressing the influence of the country’s chaebol conglomerates. Moon has been pivotal in arranging talks between President Trump and North Korea’s Kim Jong-Un, a possible prelude to inter-Korean reconciliation.

FORTUNE



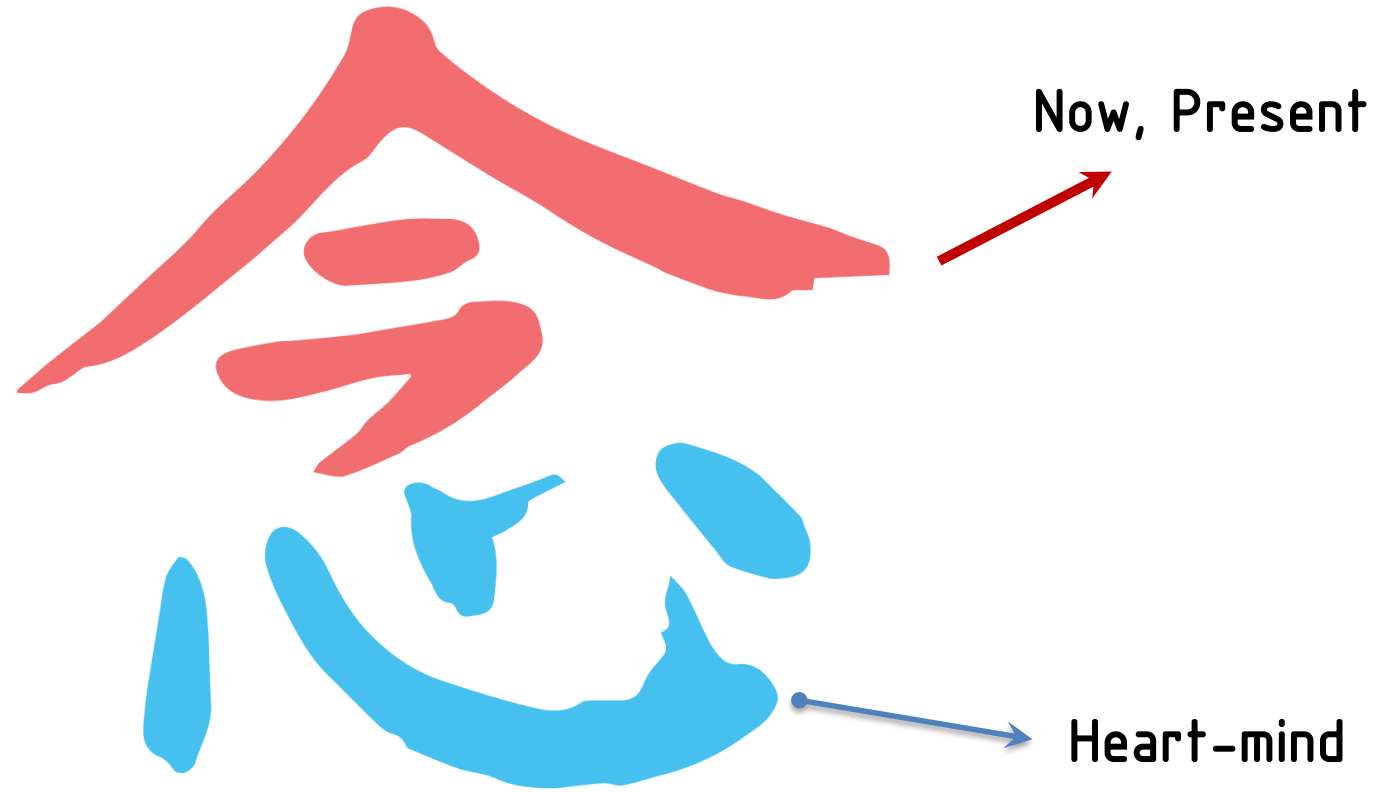
8. Larry Fink CEO, BlackRock

World’ s biggest asset manager, Fink oversees USD\$6.3 trillion. He called for each company to not just perform financially “but also show how it makes a positive contribution to society.” . As Fink told CEOs, “Society is demanding that companies, both public and private, serve a social purpose.”

What made the difference ?



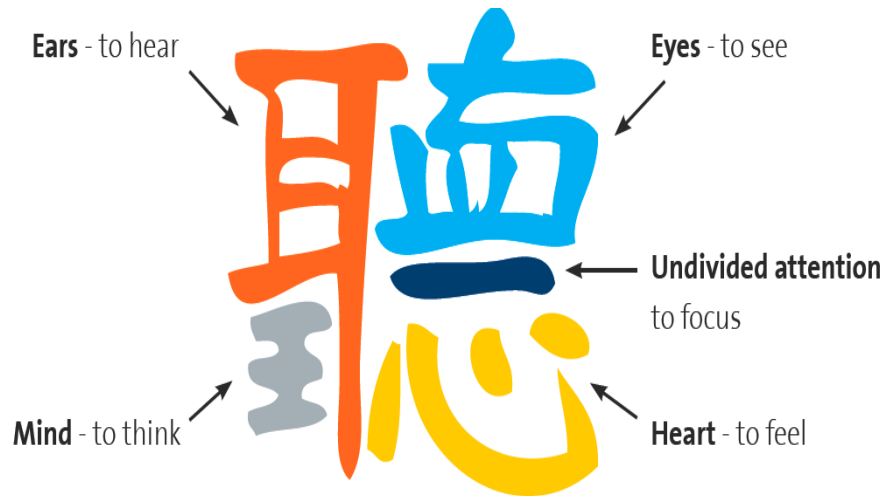
Mindfulness as a way of life



Focus in the **NOW**

Mindful Leadership

A **mindful leader** is someone who embodies leadership presence by cultivating focus, clarity, creativity and compassion in the service of others




How many of us truly listen, without judgement ?

In the Chinese character, true listening means treating the one speaking as a king or queen, giving full respect, no interruption and undivided attention to his verbal and non-verbal communication.

耳 – ear 王 – king	十 – ten 目 – eyes	一 – one 心 – heart
Careful and undivided ears for the king	100% eyes on him	Focus wholeheartedly

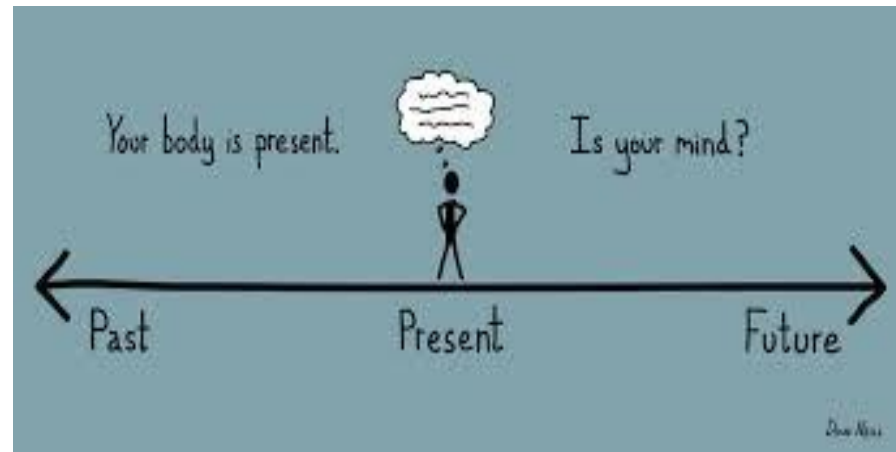



WHY MINDFUL LEADERSHIP?



"Information overload and its close cousin, attention fragmentation, hit leaders particularly hard. Leaders badly need uninterrupted time to synthesize information from many different sources, reflect on its implications for the organization, apply judgment and arrive at good decisions."

Mindful Quarterly, January 2010

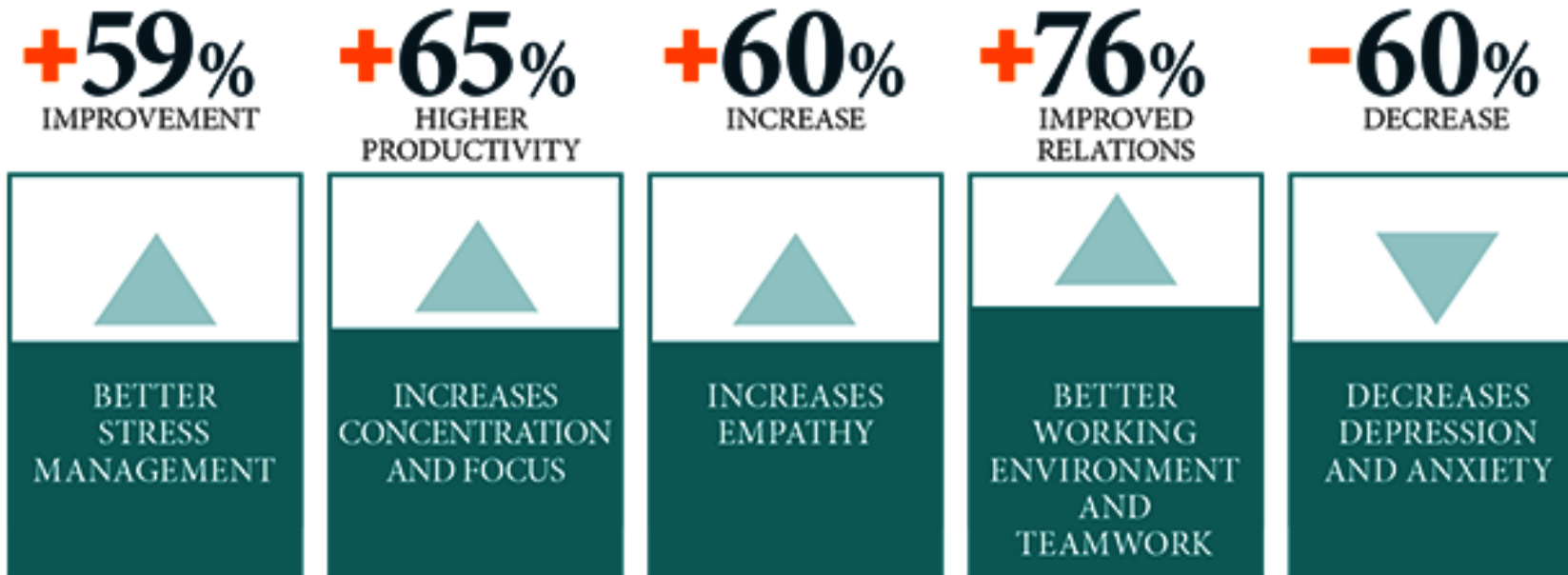


The growing need for practicing mindfulness



Image Source: <https://www.iskolstvi.cz/mdm-co-znamena-byod-supervize-a-proc-se-nebat-o-sve-soukromi/>

Benefits of Mindfulness practice in Workplace

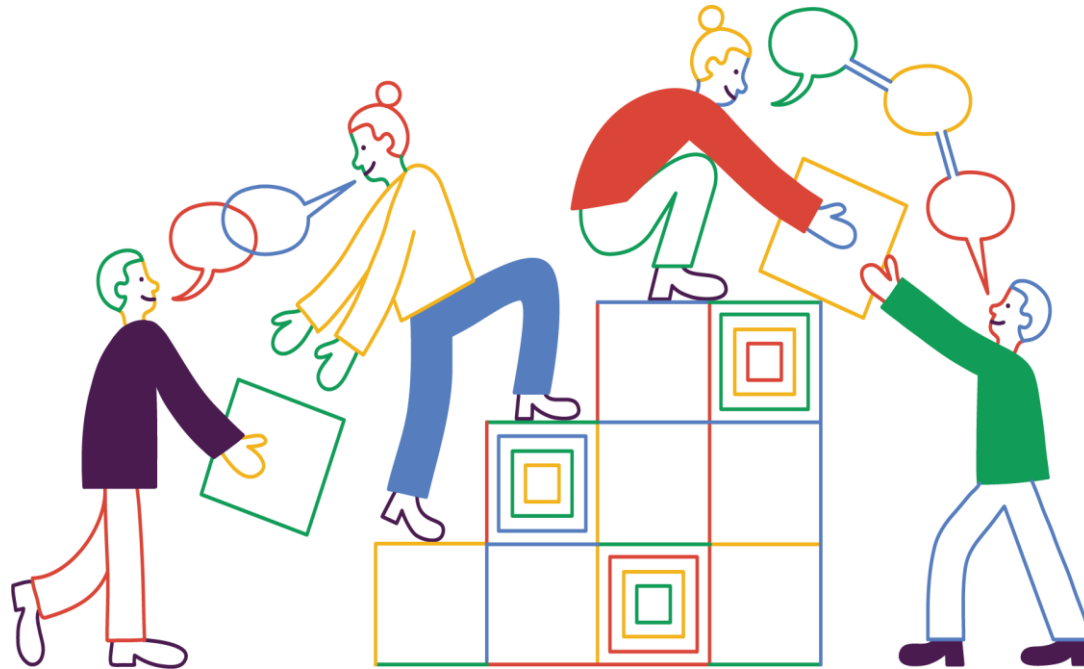


Source: <http://www.innergrowth.eu/mindfulness>

Business Case 1 : The Google Mindfulness Story

Google

Search Inside Yourself (SIY)



73% shifted leadership paradigm

24% reduced stress levels

68% improved performance

Programme design:
Mindfulness training and meditation

Source:
<https://siyli.org/programs>
<http://globalleadership.tv/video/chade-meng-tan-google-discovered-mindfulness/#746>
<https://hbr.org/2015/12/why-google-target-and-general-mills-are-investing-in-mindfulness>

Business Case 2 : The Aetna Mindfulness



15,000+
Employees



\$2000 saved

per employee on healthcare



minutes per week gain of
productivity



28%

reduction in stress levels



20%

improvement in sleep quality

Programme design:

12 weeks of mindfulness training
-meditation and yoga

Source: https://www.huffingtonpost.com/entry/mindfulness-is-aetna-ceos-prescription-for-success_us_5a4bf577e4b0d86c803c7a1f
<https://www.nytimes.com/2015/03/01/business/at-aetna-a-ceos-management-by-mantra.html>
file:///C:/Users/Eric/Documents/Mindfulness%20in%20the%20work%20place.pdf

The Mindfulness Experience



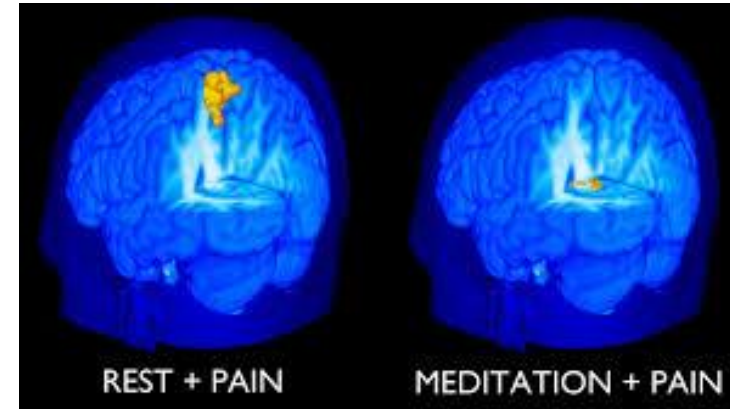
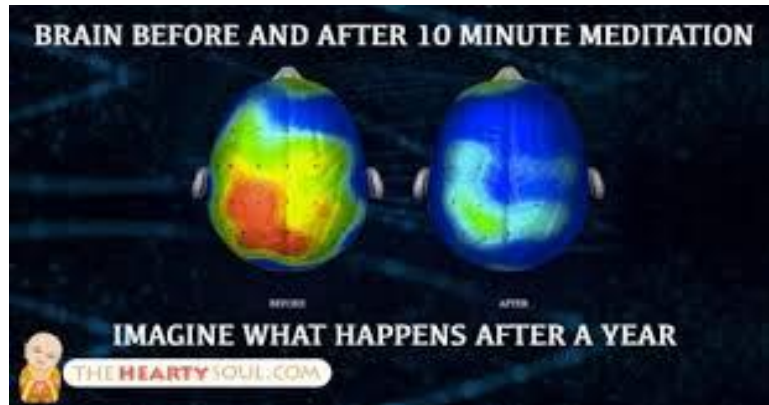
A word cloud representing the benefits of mindfulness. The central word is 'MINDFULNESS'. Other prominent words include 'calm', 'peace', 'joy', 'wellbeing', 'gratitude', 'focus', 'creativity', 'patience', 'intention', 'kindness', 'compassion', 'self-compassion', 'empathy', 'communication', 'spaciousness', 'resilience', 'attention', 'happiness', 'presence', 'acceptance', 'clarity', 'productivity', 'self-control', 'control', 'happiness', 'happiness', 'happiness'. The word cloud is framed by the words 'HEALTH', 'FOCUS', and 'CREATIVITY' written vertically.

Benefits of Meditation

- Reduces feelings of depression
- Provides a sense of Calm
- Awareness**
- Reduces anxiety, anger and confusion
- Helps to still the Thoughts
- Helps Reverse Heart Disease
- Increases Blood Flow
- Reduces Pain
- Calm the Mind
- Stillness
- Increases Immunity
- Reduce Stress
- Slows the Heart Rate
- Increases Energy
- Balance

www.jamushur.com

Scientific Evidence: Validation of Mindfulness

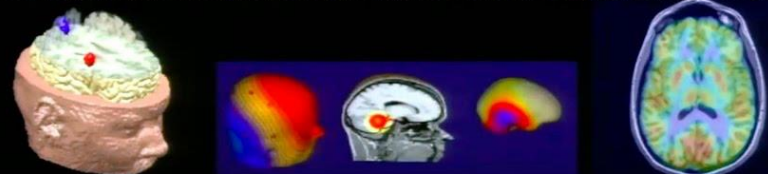


Change your brain by transforming your mind: Well-being is a skill

Richard J. Davidson

Waisman Laboratory for Brain Imaging and Behavior,
Center for Healthy Minds
Departments of Psychology and Psychiatry
University of Wisconsin-Madison

Stephen E. Straus Distinguished Lecture in the Science of Complementary Therapies



our-brain/

Why Social Innovation Park?



Build a more sustainable, inclusive & mindful world



3E – Educate, Enhance and Empower



Build a global mindfulness movement of changemakers

Programme design

Pre-programme assessment

- Interviews & assessments with senior leadership
- Customize the programme as per client needs

Course structure

Educate:

- Mindfulness training
 - Meditation
 - Yoga

Enhance:

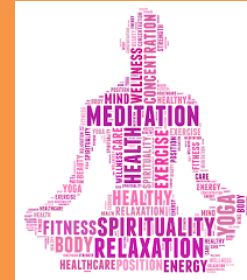
- Peer discussions

Empower: Action@ SEED SIP

- Mindful farming
- Mindful eating

Post-programme assessment

- Study to impact the measure
 - Employee health, Costs & Leadership



Mindful farming @SEED SIP



Mindful eating @SEED SIP

Our USP:

- Mindfulness in our vision
- Champions Social Innovation
- Holistic approach

- Experiential learning through Action @SEED SIP

- Research Wing for neuroscientific validation

Mindful Leadership

To Co-create a more Inclusive, Sustainable and Better World





To know more please write to pennylow@socialinnovationpark.org

