



Intel Coaching Forum
– Cultivating Five Zones of Corporate Mindfulness –
Leaders, Teams and Employees that Innovate, Relate, Perform and Thrive

Anakha Coman

Corporate Mindfulness Facilitator, Coach and Trainer

Co-author, *The Proof: A 40-Day Program for Embodying Oneness*
and Author of “Remembering Oneness” – *40 Mindfulness Meditations*

Cultivating the Five Zones of Corporate Mindfulness

- Mindfulness Micropractice
- The Key to Corporate Results
- How are You Experiencing Mindfulness in your Coaching Practice?
- Activating the 5 Power Zones of Mindfulness
 - Inner Mindfulness
 - Integral Mindfulness
 - Activated Mindfulness
 - Relational Mindfulness
 - Collaborative Mindfulness
- This Moment Matters
- Next Steps



How are you experiencing mindfulness in your work and life?

*How have you brought the practice of
mindfulness to your coaching practice
with clients?*

*What has your experience been?
What benefits have you seen?*

*What's are your curiosities about
mindfulness? What would you like
to experience more of?*

Smile, breathe and go slowly.
Thich Nhat Hanh

Mindfulness Micropractice

Slowing and Sinking
Breathing and Attuning

- *“Breathing, I know that I am breathing in.
Breathing, I know that I am breathing out.”*



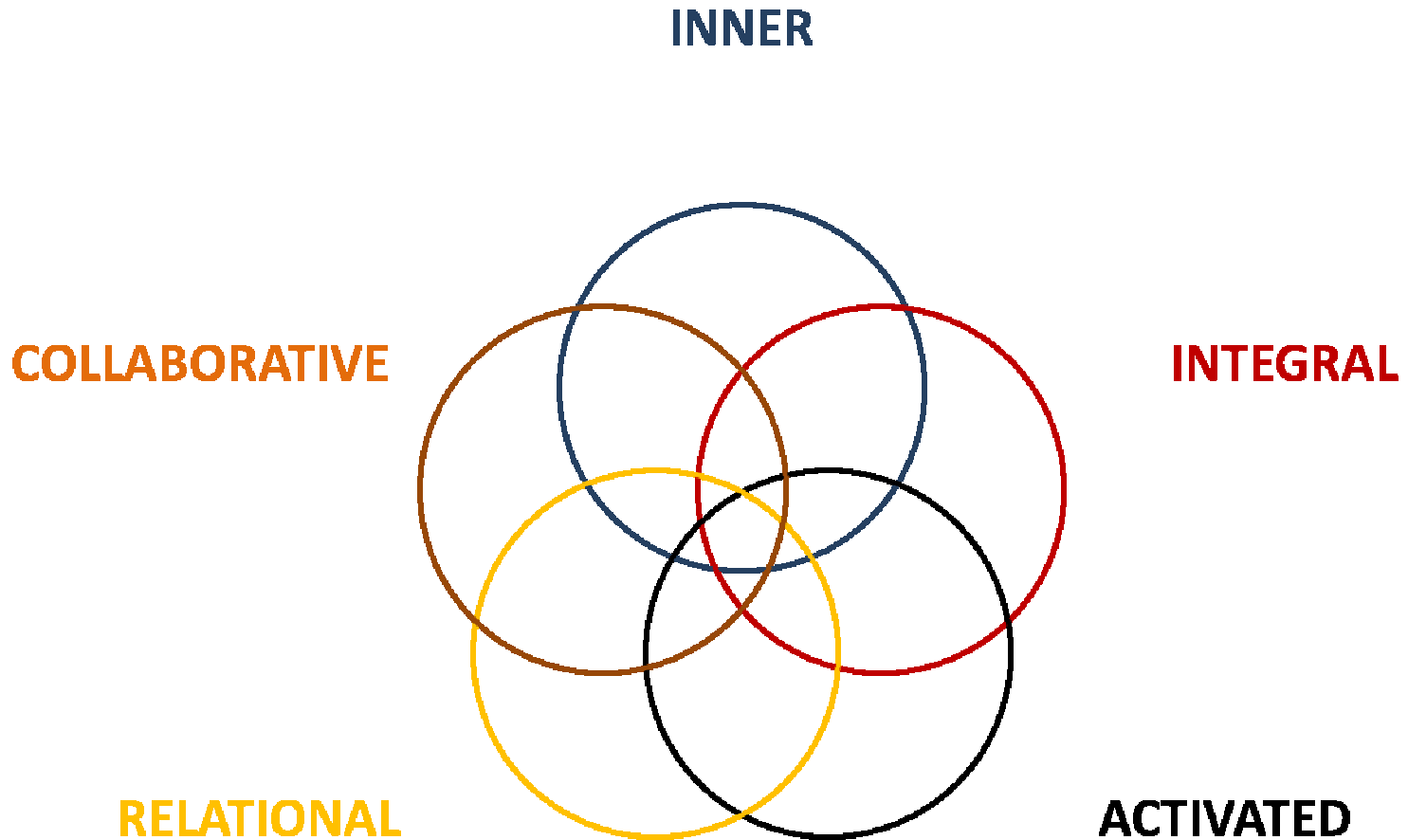
The Key to Enhancing Corporate Results



Creativity, innovation, productivity and connectivity – lives within the people themselves and can be accessed through mindfulness , deep listening and inner self-management.

~ Peter Drucker

Five Power Zones of Corporate Mindfulness



Inner Mindfulness

- Anchors awareness in consciousness.
- Creates “intrapersonal attunement,” catalyzing mental, emotional, psychological and interpersonal well-being.
 - Creates personal and leadership presence (authentic power) – calm, centered, coherent, clear.
 - Shifts stance from reactive to responsive.
 - Deposits in the mindfulness “bank account.”
- Application: Create a dedicated daily practice in the morning, mid-day or evening of deep reflection, stillness, silence, non-doing, attunement, breathing and inner listening.



Integral Mindfulness

- Cultivates mindfulness in each moment through focused attention & awareness – driving, eating, talking, computing, writing, walking, etc.
- Able to relate and respond to what is occurring with “wise mind” and “witness.”
- What is mindfulness? Paying attention. What is leadership? Paying attention.
- Application: Practice developing a witness or wise mind consciousness as you move throughout your day. Consciously connect your breathing and become fully present with each task and interaction. Be aware of the doing and the “doer.” Bring your focused attention to what you are doing in each moment – now and now...



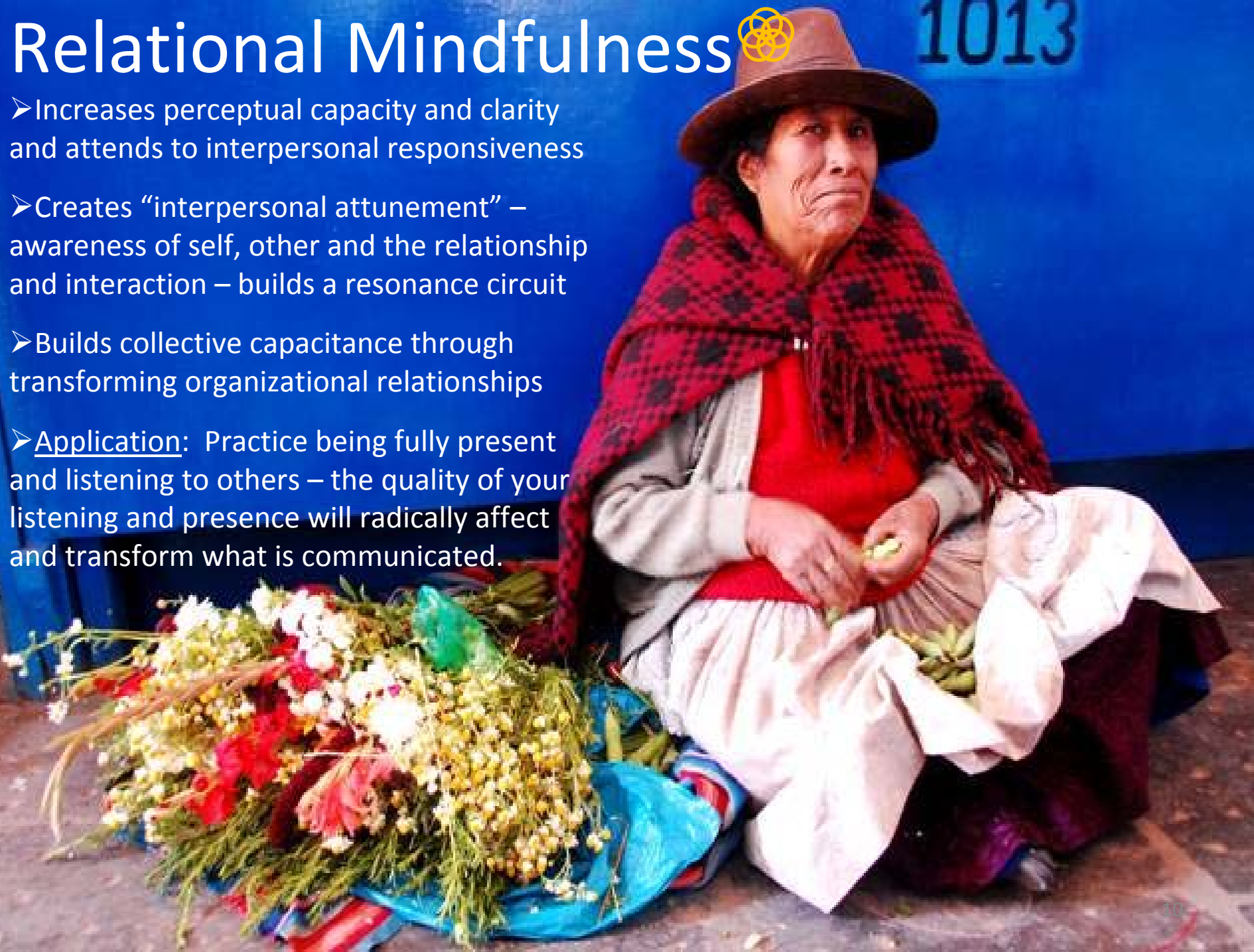
Activated Mindfulness

- Activates and Expands Multiple Intelligence Centers – Mind, Heart, Gut, Cellular and Collective.
- Puts You in the Zone and in Flow – Activates the Field of Intention.
- Places Consciousness Before Task – Awareness Before Action.
- Application: Before beginning a project or task, take 5 minutes to gather your self in present moment awareness with silence, stillness or a mindful walking meditation. Set a clear and powerful intention for your project or task. Practice the art of receptivity – allowing ideas, inspiration and solutions to flow easily and effortlessly.

Relational Mindfulness

1013

- Increases perceptual capacity and clarity and attends to interpersonal responsiveness
- Creates “interpersonal attunement” – awareness of self, other and the relationship and interaction – builds a resonance circuit
- Builds collective capacitance through transforming organizational relationships
- Application: Practice being fully present and listening to others – the quality of your listening and presence will radically affect and transform what is communicated.



Collaborative Mindfulness

- Connects and Opens Group or Team Consciousness to the Field of Collective Intelligence.
- Connects Individual Contributions to Collective Intention.
- Brings Group or Team into Cohesion, Coherence and Clarity.
- Enables Whole System Innovation and Creativity – Attunes Group to Collaborative Intelligence.
- Application: Start meeting in silence and stillness to attune all participants to present moment awareness and the unified field. Listen for and clarify the highest intention for the meeting and/or project. Take time within the meeting to pause, reflect and listen for and receive wisdom, insight and inspiration.

COLLABORATIVE

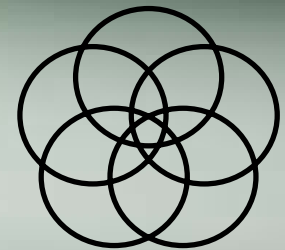
RELATIONAL

ACTIVATED


INTEGRAL

INNER

Activating
and Applying
the 5 Power Zones
of Corporate
Mindfulness



This moment matters.
This moment of choice and creation.
What will you...we...choose?



*The little things?
The little moments?
They aren't little.
– Jon Kabat-Zinn*



Next Steps


- ✓ Make a Personal Commitment to Practicing and Applying One of the Mindfulness Zones this Week
- ✓ Create an Mindfulness Forum or Blog to Share Resources and Best Practices
- ✓ Create Experiential Learning Series on the 5 Power Zones of Corporate Mindfulness

Take the first step in faith.
You don't have to see the whole
staircase, just take the first step.

– Dr. Martin Luther King, Jr.



Back-up Slides




The results highly suggest that participation in mindfulness is causally associated with changes in gray matter concentration in brain regions involved in learning and memory processes, emotion regulation, self-referential processing, and perspective taking.

Psychiatry Res. 2011 Jan 30; 191(1):36-43. Epub 2010 Nov 10 Massachusetts General Hospital, Harvard Medical School, Boston, MA, USA

Both basic and clinical research indicate that cultivating a more mindful way of being is associated with less emotional distress, more positive states of mind, and better quality of life. In addition, mindfulness practice can influence the brain, the autonomic nervous system, stress hormones, the immune system, and health behaviors, including eating, sleeping and substance use, in salutary ways. (Complement Health Pract Rev. 2009 January 1; 14(1): 10–18.

The latest scientific research on mindfulness has demonstrated beneficial effects on several aspects of whole-person health, including the mind, the brain, the body, behavior and relationships. Clinical trials and laboratory studies alike suggest that the mechanisms of mindfulness involve not only relaxation but important shifts in cognition, emotion, biology and behavior that improves health and well-being. Research is beginning to prove what mindfulness practitioners have known for centuries – that greater attention, awareness, acceptance and compassion can facilitate more flexible, adaptive responses to stress. Mindfulness Research Update: Complement Health Pract Rev 2009 January 1.

**Abundance of
Research
Proves
Value & Power
of
Mindfulness**



Mindfulness is a Leading Edge Inner Technology

innovative

Social technologies are at the core and the cause of creating sustainable, profitable, innovative companies that make a powerful contribution in the world and operate in the highest good of all stakeholders – employees, customers, investors, shareholders and leaders.

The next revolution will be an institutional one.

That revolution is here now...

New social technologies, social awareness and social consciousness.

New ways of looking at and perceiving the whole.

New capacities.



Awakening the Hidden Capacity for Greater Intelligence

Science tells us that we utilize less than:

20% of Our DNA

13% of Our Lung Capacity

10% of Our Brain Capacity

While five other centers of intelligence are virtually unknown and unused: consciousness, heart, gut, cellular and relational.

All of these centers can become activated and expanded through the practice of mindfulness and self-awareness.

(Source: HeartMath Institute and Dr. Candace Pert Research)



The Curve of Growth

Long-term Gain

C
h
o
i
c
e

Short-term Gain

Curve of Resistance

P
o
i
n
t

Curve of Learning

Short-term Pain

Long-term Pain

Shifting into Mindfulness

Managing Others to Leading from Within

Fragmentation to Single Intelligence

Distraction to Focused Presence

Stagnation to Innovation

Reactivity to Response

Individual Performance to Collective Results

Avoidance to Direct Relating

Rigid Mindsets to Growth Mindsets

Independence to Interdependence

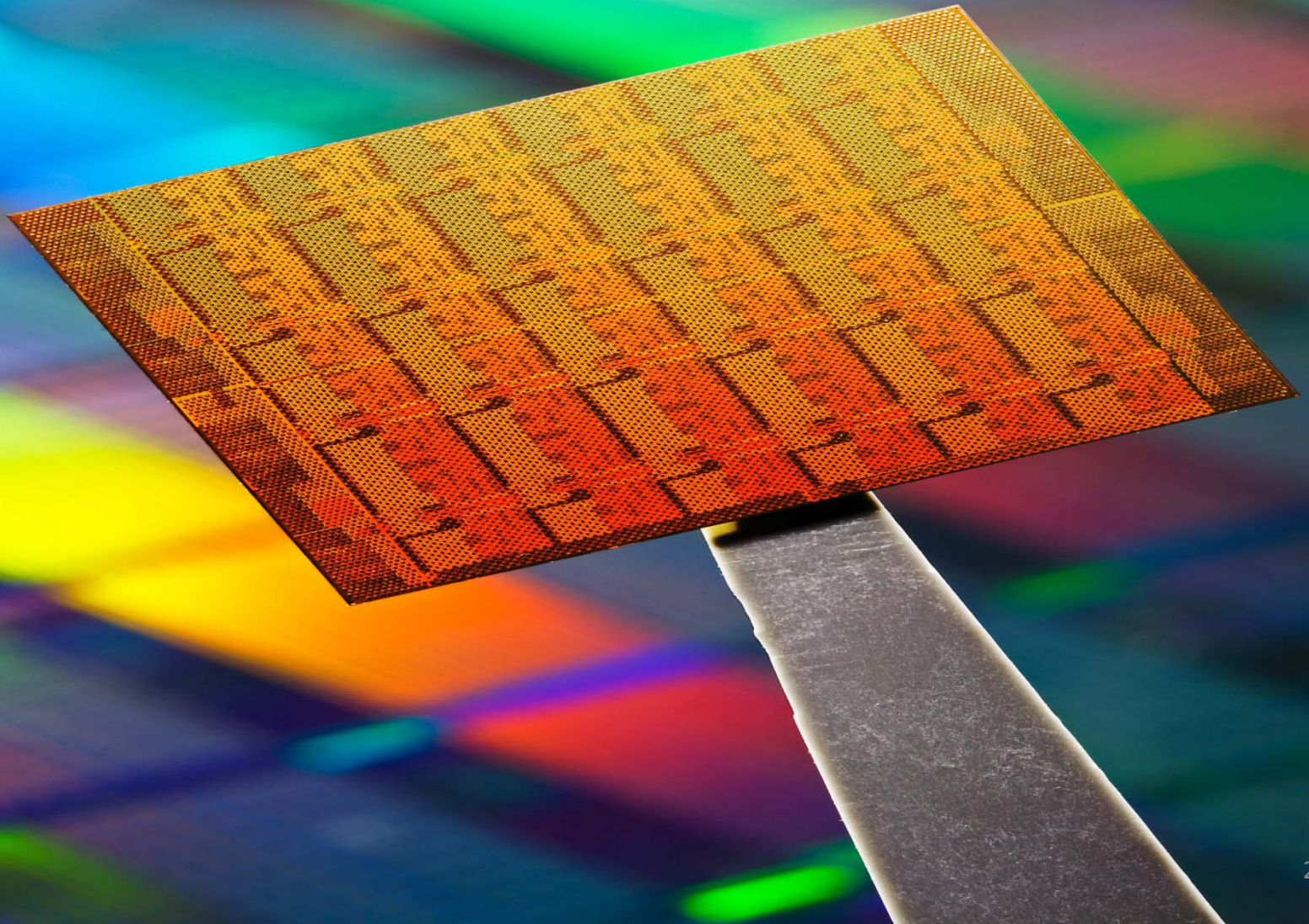
Stress to Well-Being

Limitations to Possibilities

Forcing to Allowing

Mindfulness at Work

*Cultivating Optimal Inner States for
Productivity, Innovation, Collaboration and Wellbeing*





Cultivating Leadership Presence

"Mindfulness training enhances my ability to be clear and present so I can be more focused and innovative at work. It will also have an important impact on my team as they experience a calmer, more focused leader."

—Tim Coats, vice president, logistics & strategy, General Mills, Inc.



Igniting Innovation

Our ability to see situations freshly, to step out of the proverbial "box," to catch unforeseen sparks of inspiration – and turn them into action –

all rely on our capacity to slow down and expand our awareness and range of responses. Innovation is dynamic. It requires deep listening, an open mind, suspension of judgments about our own and others' preliminary ideas and most important, a willingness to linger, sometimes for a long while, in the discomfort and insecurity of "not knowing." It requires learning to trust our inborn resources and innate intelligence.

Inspiring Collaboration

The most important thing going forward is to break the boundaries between people so we can operate as a single intelligence. ~ David Bohm, quantum theorist and colleague of Einstein

Teams that cannot tell the truth about their emotional state limit their strategic, creative thinking because the cognitive and the emotional are inextricably connected.

~ Peter Senge



Not only is mindfulness an antidote to stress and capable of improving our emotional and physical well being, research studies indicate it improves our memory, learning, concentration, coherence and creativity.

~ Yale Research/The Week Health and Science Section



Increasing Wellness & Performance

Mindfulness “Hand” Exercise

1. Intention
2. Distraction
3. Presence



Copyright 2011 Anakha Coman

To schedule a presentation or training contact Anakha Coman.

Reprinted with permission.

If information from this presentation is used,
please include reference to:

Anakha Coman

503.334.6262

anakha@anakhacom.com

