



The Power of Presence: Mindfulness at Work

Mindfulness has become a buzz word. It's a practice being implemented by one quarter of all U.S. companies—including General Mills , Target, Apple, Nike, Procter & Gamble, The Huffington Post and AOL.

But what is mindfulness and why does it work?

Defining Mindfulness:

1. The intentional, accepting and non-judgmental focus of one's attention on the present moment.
2. The quality or state of being conscious or aware of something.
3. A mental state achieved by focusing one's awareness on the present moment.

After years of practicing mindfulness and seeing the impact it has on her work and life, Lindsey defines mindfulness as:

Mindfulness: Arriving in a state of powerful presence.

Mindfulness is a tool and a pathway to the most powerful state we can operate from: a state free from any self-doubt, second guessing, stress, worry or uncertainty.

A place of confidence, certainty, and ability.

What it does is enable us to shortcut our way through anything that doesn't enable the power of presence, by taking us step by step into only what is happening right now. Note that this is not about avoiding thinking ahead or strategic planning—but it's about doing that with presence and power.

Study after study shows that mindfulness improves:

1. Focus
2. Decision-making
3. Stress-management
4. Overall health
5. Overall well-being

The Power of Presence training with Lindsey Lewis of Libre Living and Lorie Corcuera of SPARK Creations provides employees with 5 Power of Presence tools that can be used during their busy workday.

Activate the power of presence.

SPEAKER

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Lindsey is the founder of Libre Living Inc. and has taught mindfulness techniques at companies and universities including the University of British Columbia, Simon Fraser University, and SAP Labs Canada. Over 1,766 people have participated in her Libre Living programs, including the 30-Day Challenges

BOOKING

Workshop Fee: \$450.00 for 60 to 90 minutes