

Learning Kit: *Developing Mindful Habits*

Mindfulness has been defined as paying attention, on purpose, in the present moment, without judgement. According to The Center for Creative Leadership, “now more than ever, being mindful matters — not in some weird new age way, but in a *this could make you more effective way*. Mindfulness creates a pathway to focus, clarity, creativity and compassion in the form of sustaining our attention as we solve problems, seeing what is — not what we expect to see or what we hope will be, being open in the midst of constant thinking and busyness and making choices with the understanding that we are all in this together.”

To learn more about mindfulness, check-out these resources.



Mindful Productivity

LinkedIn Learning – 00:47 hrs.



Mindful Leadership

LinkedIn Learning – 00:34 hrs.



Mindfulness Practices

LinkedIn Learning – 02:03 hrs.



The Mindful Workday

LinkedIn Learning – 00:40 hrs.



The Leaders Guide to Mindfulness

LinkedIn Learning Audio Abstract -- 00:12 hrs.