

## Topic Talk - Mindfulness

Explore the following resources and consider your thoughts to the reflection questions. Be prepared to share your thoughts in small group conversations.

### [The Benefits of Mindfulness in the Workplace](#) (article)

Reflection Questions:

- Of the benefits identified in the article, which appeals to you most?
- How would these benefits improve your interactions with others? (e.g. internal/external customers, teammates)

### [Jon Kabat-Zinn Defines Mindfulness](#) (video 1:33)

Reflection Questions:

- Did this definition clarify what “mindfulness” means?
- What questions about the definition of mindfulness do you still have?

### [How to be Mindful at Work Tips](#) (video 7:39)

Reflection Questions:

- Of the five tips shared in the video which would you find most challenging?
- How would starting your day with a “Mindful Minute” potentially change your work day?

Think about the following Application Questions.

1. In what ways can you see mindfulness making positive changes for your work experience?
2. What business outcomes would you associate with these changes?
3. Of the tips shared, which are you willing to implement?