

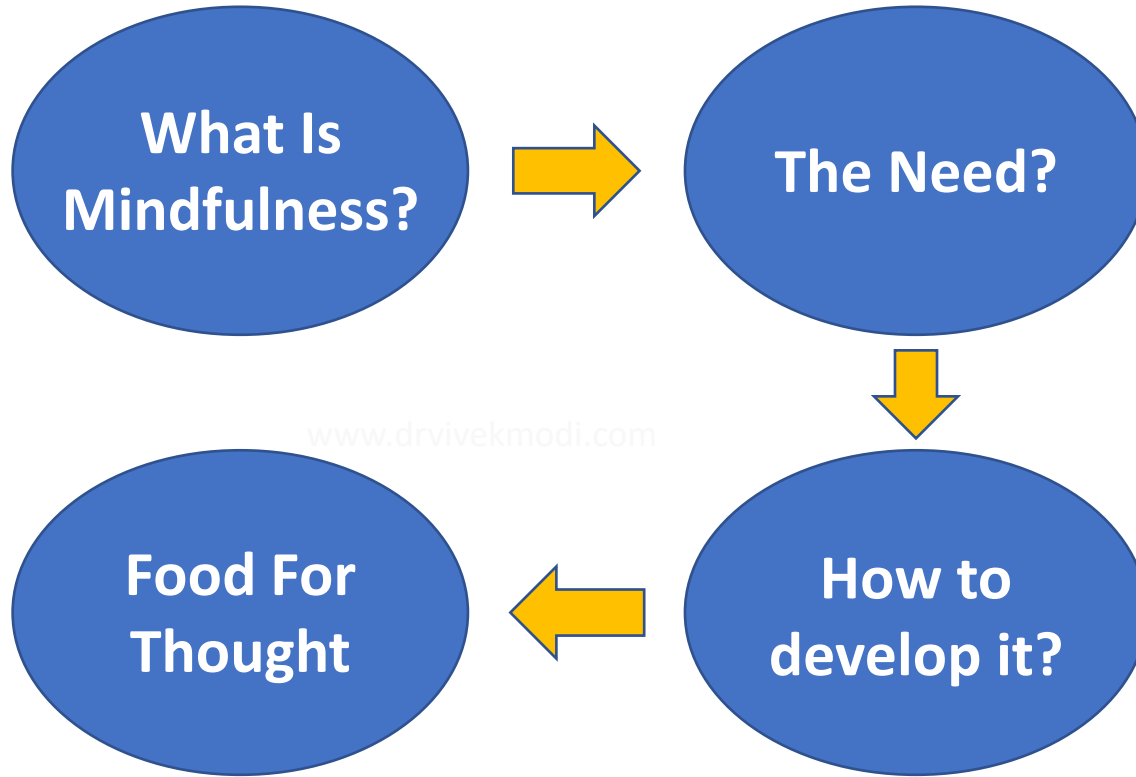


MINDFULNESS AT WORK

Dr. Vivek Modi

Professional Speaker & Wellness Educator

www.drivivekmodi.com

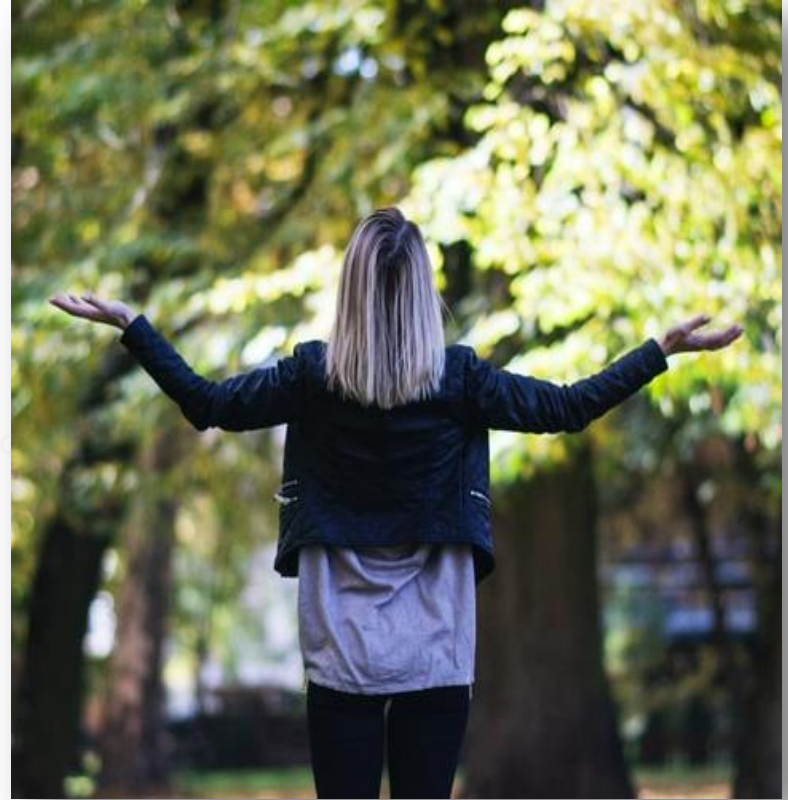


Mindfulness

“paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn

Why
it's important?



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Mindfulness enables

3 important skills

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1

Stellar work performance

2

Outstanding Leadership

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3

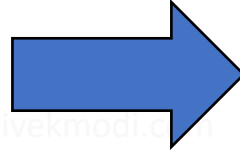
**Ability to create conditions
for happiness**

Other Benefits

- **Stress Management**
- **Psychological – Depression, Anxiety**
- **Physical Health**

**Makes you better in
Managing Emotions?**

**From being
Stimulus
Driven**



**To become
Self
Driven**

**“Between stimulus and response,
there is a space. In that space lies our
freedom and our power to choose our
response. In our response lies our
growth and our happiness.”**

Viktor Frankl

People are less happy
when their minds
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are wandering.

How to practice **Mindfulness?**

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Attention Honing

Self-regulating the attention on immediate experience to clearly recognise the mental events in the present moment.



**Developing a
strong, stable,
and perceptive
attention that
affords you
calmness and
clarity.**

Developing an orientation towards the present moment with

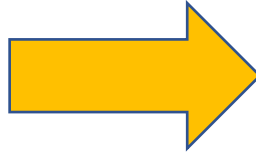
- **Curiosity**
- **Openness**
- **Acceptance**

Let's Practice

Mindfulness

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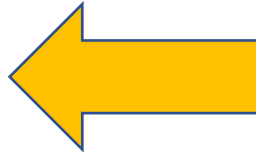
**Regular Practice
Of Mindfulness**



**Improved Self
Awareness**



**Developing Useful
Mental Habits**



**Self Mastery
Compulsive to
Conscious**

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Food for Thought

**Contemplate about
the following
questions**



THANK YOU

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