



Women of the JPO

Mindfulness for Well-being and Productivity

Session 1 – The Practice of Mindfulness

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” – Victor Frankl, author of Man’s Search for Meaning

Welcome to the first in our workshop series on Mindfulness for Well-being and Productivity! Below you will find the agenda for today, an outline of future sessions, and material for two of the activities we will engage in. Each agenda item is accompanied by a question that we will address through conversation and individual and group activities.

Agenda

- 0900 – 0945** **Welcome and introductions:** What are you curious about and/or looking forward to taking away from this workshop series on Mindfulness?
- 0945 – 1030** **Setting the context:** How does mindfulness fit in the bigger picture of our lives, and why is it important to our health and well-being?
- 1030 – 1045** **BREAK**
- 1045 – 1140** **Being present/Learning to listen:** How might we expand our perception to broaden and deepen our experience and improve well-being?
- 1140 – 1200** **Check-out and next steps:** Please share one word that describes what is present for you right now.

Upcoming Sessions

- Session 2** **The Science of Mindfulness:** What can science teach us about our brains, minds, and bodies that can help us understand mindfulness and reap the rewards of developing greater conscious awareness?
- Session 3** **Emotional Intelligence and Mindfulness:** How might we use the practice of mindfulness to become more intelligent and resilient emotionally, in service to ourselves and others?
- Session 4:** **Bringing Mindfulness to Our Teams, Families, and Communities:** What practical things can we do to help build a culture and practice of mindfulness wherever we go?

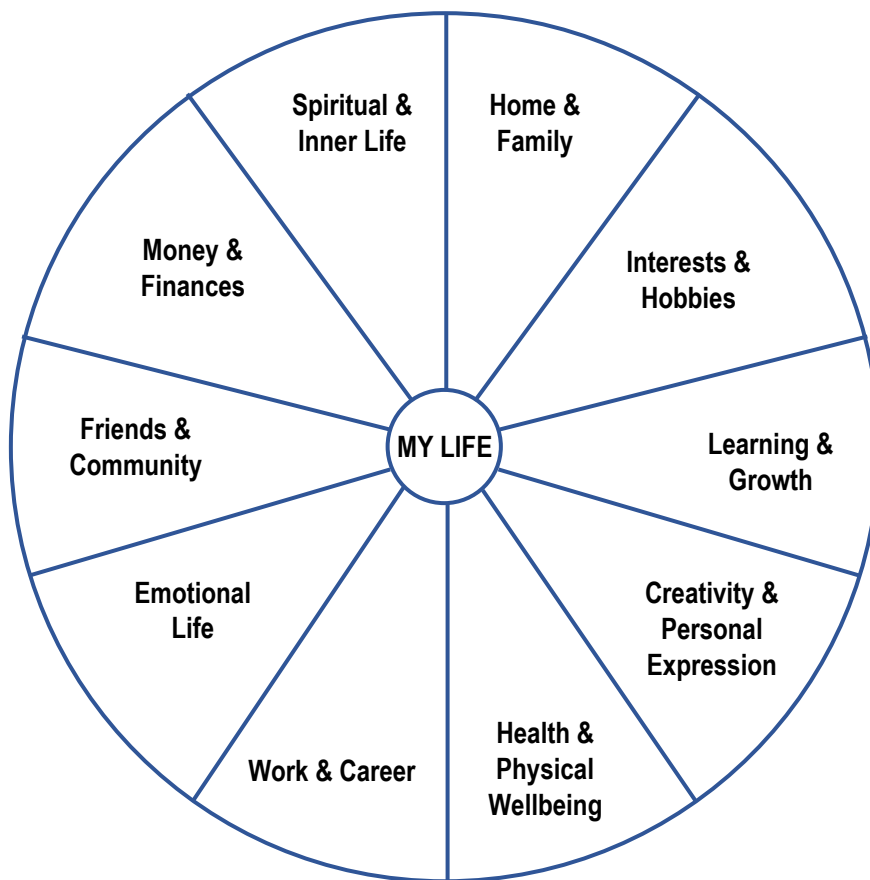


Activity

Dimensions of Life

Overview: The purpose of this activity is to bring increasing awareness to the many dimensions that make up our lives, which are frequently so full that we don't take stock of what's working, what's not, and what we would most like to create. This activity is essential, however, if we are to be the architects of our experience. So, please allow yourself the gift of reflection with the goal of making your life the best it can be.

Instructions: Below is a circle divided into 10 life dimensions. Please bring your attention to each one. Consider and make note of what is going well for you in each dimension, what you appreciate, and what you would like to create more of. Also, for each dimension, consider and note what, if anything, you would like to improve. Since there are many ways to organize our experience of life, we have provided a place below the circle for you to add one or more dimensions that are important to you.



Other Dimensions: _____



Activity

Listening with Presence

Overview: The purpose of this activity is to practice mindfulness in three important roles: the person expressing an idea or feeling, the person listening to and receiving the speaker, and the lesser practiced—and very important—role of the person holding space for the exchange. We will discuss the three roles before we begin.

Instructions: In round-robin fashion, each person will have a turn in the role of speaker, listener, and space holder. The speaker will have five minutes to think/talk about some aspect of the Dimensions of Life exercise. It can be anything you like: something that you're excited about, something you've discovered, something you'd like to change, or a combination of topics. The point is to be able to express yourself without interruption to a person whose job is to receive you and your thoughts by being fully present. The person holding space will simply be present for both the speaker and the listener, noticing what thoughts occur, letting them go, and gently returning to quiet presence. After each person has had a turn in the three roles, we will return to the large group to debrief the experience.

