

7

PRACTICES



TO BE A MINDFUL LEADER



GRATITUDE



CENTERING



EXAMINE BELIEFS



MOVEMENT

MINDFULNESS IS:

A series of practices to become fully present in the moment without judgment.

MINDFULNESS SOLVES:

Stress • Anxiety • Overwhelm
Lack of Focus • Increases Memory



USE
TECHNOLOGY
CAREFULLY

MINDFULNESS AS A LEADER IS:

Practicing these 7 activities personally and with your team delivers value by providing clarity, focus, and less stress. Resulting in more income and impact on your vision and mission.



CREATE VISION



SET INTENTION



Holly Duckworth, Mindful Leadership Guide

Author of *Everyday Mindfulness: From Chaos to Calm in a Crazy World*
and *Mindful Leadership The A or Z Guide for Stress-Free Leadership*

Keynotes | Training | Coaching

Contact Holly at 503 887 4112

www.hollyduckworth.com