



2020

THE FUTURE IS **NOW**

Mindful Performance

In *Uncertain* Times



DENNIS BUTTIMER

LEADERSHIP CONSULTANT

Mindful Performance in *Uncertain Times*



What is Mindful Performance?

Mindfulness is being in the present moment, practicing awareness, acceptance and non-judgment. Being mindful is the realization that the point of power is always in the present moment. Mindful Performance is utilizing the practices and principles of Mindfulness with a focus on performance.

Practices
And
Principles



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Prefrontal Cortex

Amygdala

Hippocampus



Benefits of Mindfulness

- Improves immune system functioning
- Decreases inflammation
- Improves stress resilience
- Decreases anxiety/depression symptoms
- Regulates blood pressure
- Better sleep
- Prevents emotional hijacking

Mindful Leadership: Business Results

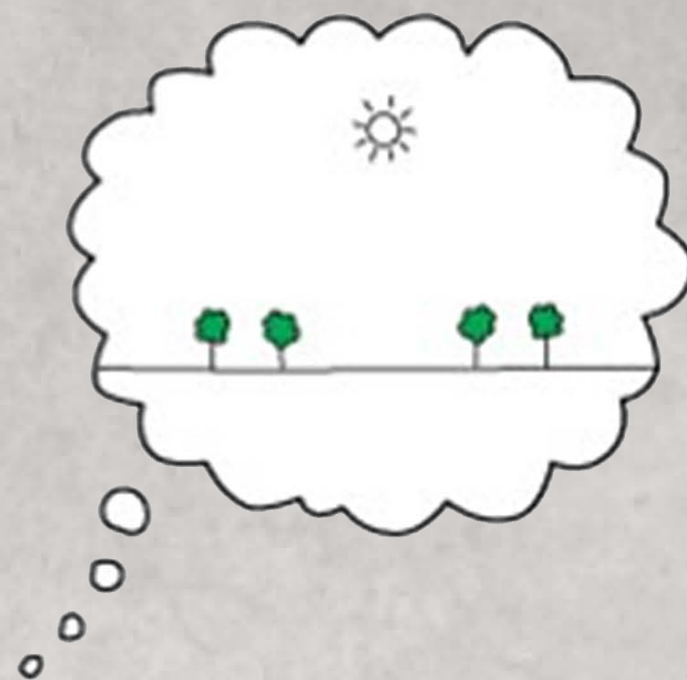


- Improved Productivity & Focus
- Heightened Creativity, Innovation & Problem-Solving
- Enhanced Communication & Teamwork
- Increased Energy & Engagement
- Decreased Stress & Burnout/Increase Wellness

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OR



MINDFULL

MINDFUL





CALM

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Overwhelm and Stress

COMPASSION



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CHOICE

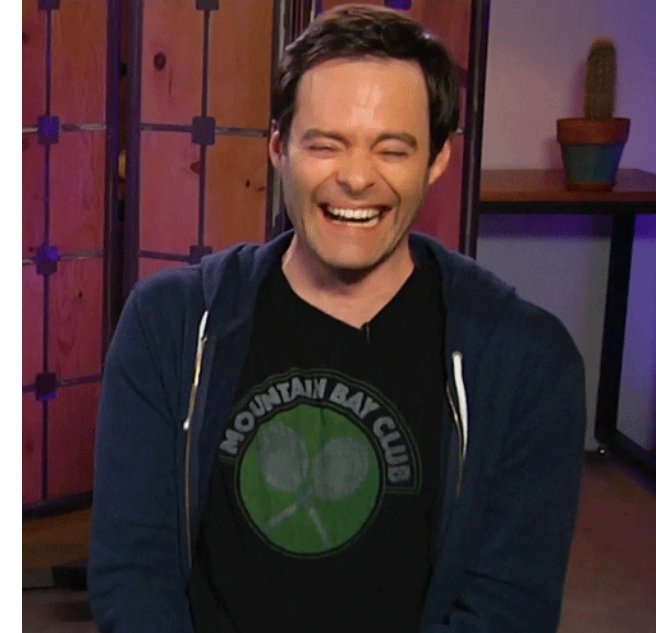
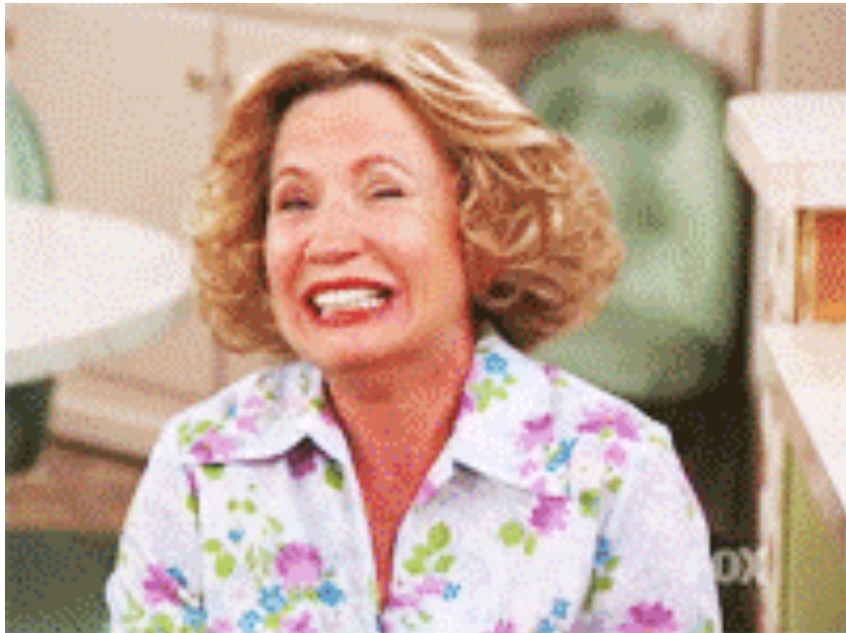
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MORNING RITUAL

A close-up photograph of a stainless steel mug filled with hot coffee. Wisps of white steam are rising from the surface of the liquid. The mug is placed on a dark brown wooden table. To the left of the mug, a large pile of dark brown coffee beans is scattered across the wood. The lighting is warm and soft, creating a cozy atmosphere.

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LAUGHTER



COMPLIMENTARY 30-MINUTE COACHING SESSION

TEXT 474747

COACH1

Let's Stay In The Conversation!

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