

Business Resources

This is just a small sampling of what is available to start bringing mindfulness into your work. The best way to teach mindfulness to the workplace is through your presence. This list is just to get you started.

With Pause Online Community

Weekly on Wednesday's at 12:30 p.m. - 1:00 p.m. (PST)

Dial in: 712-775-7035 #426752 (Format: 5 minute intro, 15 minute guided, 10 minute Q&A)

Books for Establishing Your Practice

Mindfulness Starts With You by Renee Metty

How to Train a Wild Elephant by Jan Chozen Bays

The Mindful Brain by Daniel Siegel

Mindfulness for Beginners: Reclaiming the Present Moment and Your Life by Jon-Kabat Zinn

Books for Business

The Art of Communicating by Thich Nhat Hanh

Conscious Business by Fred Kofman

Finding the Space to Lead by Janice Marturano

Focus by Daniel Goleman

Less by Marc Lesser

Presence: Human Purpose and the Field of the Future by Peter Senge and Otto Scharmer

Search Inside Yourself by Chade Meng Tang

Your Brain at Work by David Rock

Videos

60 Minutes - Anderson Cooper's report on Mindfulness: <http://www.cbsnews.com/videos/mindfulness>

Daniel Goleman - Creativity is essential in business: <https://www.youtube.com/watch?v=fZmTY8d9Jy4>

Paul Gilbert - How mindfulness fosters compassion: https://www.youtube.com/watch?v=pz9Fr_v9Okw

Apps

Insight Timer

Headspace

Whil

Organizations

Institute for Mindful Leadership: www.instituteofmindfullleadership.org

Mindful Magazine: www.mindful.org

Search Inside Yourself Leadership Institute: www.siyli.org

The Energy Project: www.instituteofmindfullleadership.org
