



*Content sourced from: Hougaard & Carter, *The Mind of the Leader*, 2018

MINDFULNESS

Researchers have found that, on average, our mind involuntarily wanders nearly half our waking hours.

We also think we are rational beings. However, we actually make choices based on emotions and rationalise them afterwards. We can probably all contribute examples of this!

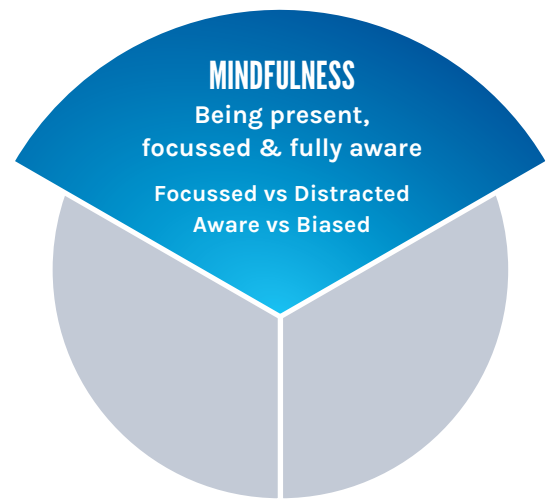
Thirdly, our mind creates our reality. We all have unconscious biases that influence and filter everything we experience. Ever been in a meeting where participants had very different perceptions of what was experienced?

Finally, we can't always believe what we think—we are not our thoughts. We often identify with our thoughts, believing they are true and sometimes believing they define who we are. That is a problem since we have thousands of random, repetitive thoughts every day, such as thinking about a meeting you attended earlier that day when you are trying to be present with your family.

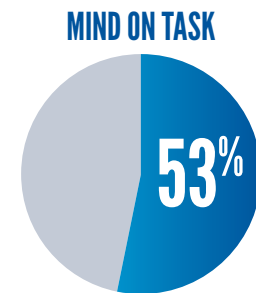
Plus, at work, our common reality is that we are pressured, always 'on,' information overloaded and frequently distracted.

What is your reality?

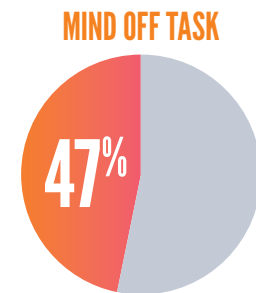
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HOUSGAARD AND CARTER FOUND THE FOLLOWING IN THEIR RESEARCH



- Mindful
- Conscious choices
- Sense of control
- Resilient
- Focused
- Prioritised
- Engaged
- Creative



- Distracted
- Autopilot
- Loss of control
- Stressed
- Frenzied
- Action-addicted
- Disengaged
- Cognitively rigid