

“Making the invisible visible: How to use mindfulness as an organisational asset”

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Mindfulness is about being fully present, in mind and body – and for many of us, our minds today are more often elsewhere than focused on the here and now, ‘on task’, fully alert to the people and challenges we face. As a result, we sometimes miss (or misunderstand) vital information that we need to make sound business decisions that promote health and safety in organisations.

But mindfulness is more than an individual practice, something that an employee can do to take time out from their busy work day. Mindfulness becomes a strategic organisational asset when we embed it as a process in teams and in an organisation's culture.

In this interactive session, I will work with you to discover how you can bring mindfulness to your personal work life, as well as to your teams at work, and how this can benefit your whole organisation. I will draw on the latest insights from social neurobiology and provide examples from my work with military leaders to explain what this means concretely in living and breathing organisations.

My goal for the session is to make sure you go away with at least one practical insight that you can apply immediately when you return your focus to your work, and that will help you make the invisible visible in your work life, to improve the safety and health of your organisation.

To find out more about these ideas, please take a look at my short HuffPost blog below – <https://www.huffingtonpost.co.uk/jutta-tobias/what-is-organisational-mi b 12668806.html>

