



Building a better working world



Mindfulness in the working world

In today's complex and uncertain world, leaders are facing unprecedented challenges. Mindfulness can help leaders navigate these times with more poise and a greater ability to respond thoughtfully.

Mindfulness is ...

... an ability to pay attention to the present moment without getting caught up in automatic thoughts and judgments.

Mindfulness is not ...

... about "stopping" thoughts, a relaxation exercise, a quick fix, religion or about being "blissed out".

Mindfulness provides leaders the ability to influence four elements, enabling their organizations to carry out their mission and purpose more effectively and responsibly.

Leadership

Develop leaders who are more emotionally intelligent, empathetic and inclusive

Wellbeing

Enable people to better manage stress, be less reactive and be more present

Performance

Increase person-to-person interaction and sustain ability to focus

Decision-making

Take a wider perspective and respond with clarity under pressure

Practicing mindfulness results in tangible benefits at the individual and collective organizational level.



Physical and mental health

↑ Energy, concentration, mood, happiness

↓ Stress, anxiety, depression, reactivity, pain



Emotional intelligence

↑ Self-awareness, empathy, compassion

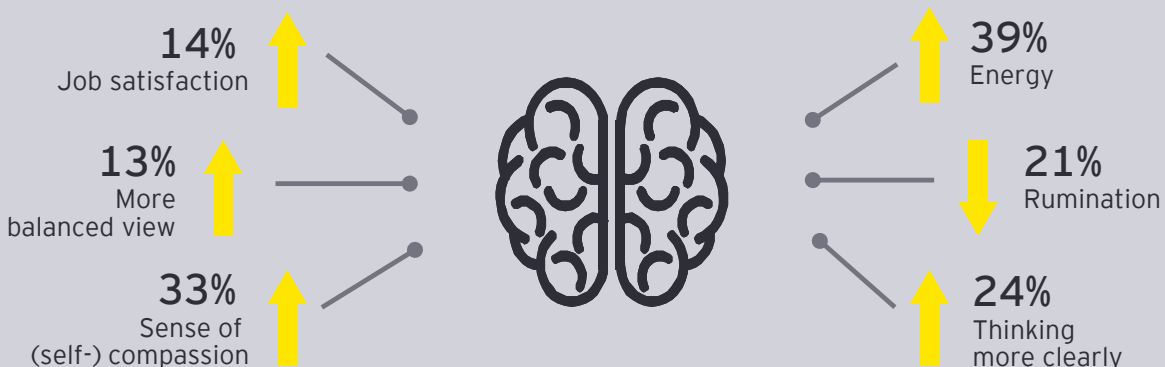
↓ Adherence to biases, automatic judgments



Learning and innovation

↑ Working memory, attention, intuition

↓ Focus on personal agenda



Percentages were based on answers from 25 course participants who completed the pre- and post-course questionnaires; results reflect changes in average.

Our core offering

Ernst & Young LLP has a suite of mindfulness learning and development experiences designed for corporate leaders.

Keynote

An introduction to mindfulness delivered by Clif Smith, EY Mindfulness leader



Outcomes:

- ▶ Demystified view of mindfulness
- ▶ Understanding of the science and benefits
- ▶ Insights into human behavior
- ▶ Inspired to give mindfulness a try (even skeptics)

Eight-week course

Eight-week deep dive into leading mindfulness practices



Outcomes:

- ▶ Learn to pay attention to our minds and bodies with stability and clarity
- ▶ Increased focus
- ▶ Increased emotional intelligence
- ▶ Reduced impact of unhelpful states of mind

Digital experience

A digital program that captures the firsthand experience and wisdom of our trusted mindfulness practitioners



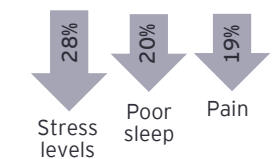
Outcomes:

- ▶ Learn in a flexible manner and at your own pace
- ▶ Access to mindfulness resources on demand

Case studies

Mindfulness is mainstream

Global health insurance company experienced ...



... resulting in lower employee health care cost by \$2k

A leading branded foods company's employees ...

89%

reported enhanced listening abilities

80%

made better decisions with greater clarity

A global technology company ...

Experience on a 10-point scale for happiness and stress:

+3 in happiness

-2 in stress

Testimonials

“

Clif's keynote changed my life
C-suite executive

“

I had so many “aha” moments and feel like I now have a clear understanding of how to improve in this area.

Mid-level public sector official

For more information, please contact:



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Clif, a US Army veteran, former diplomat and intelligence officer, serves as our foremost advisor on mindfulness and is an internationally recognized leader for bringing mindfulness into the corporate world. Clif brings his story and over 25 years of experience leading through high-pressure situations into his teachings and demonstrates the value of adopting mindfulness as a fundamental part of our personal and professional lives.



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George is the EY Global People Advisory Services Deputy Leader and oversees a skilled team of more than 10,000 professionals serving clients across the world. With more than 34 years of international consulting experience, George has earned a reputation as one of the foremost innovators and thought leaders in the human resources services sector.

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