

**SLOWING DOWN TO GET AHEAD**

**Permission  
to Be  
*Human***

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**sparkvision**  
IGNITING ALIGNMENT





# MY MINDFUL JOURNEY

I did not wake up like this.





# **WHAT IS MINDFULNESS?**

**The intentional investigation of  
the present moment.**





# **WHAT IS MINDFUL LEADERSHIP?**

**Someone who embodies presence by cultivating focus, clarity, and compassion in the service of others.**

# MINDFUL LEADERS KNOW HOW TO . . .

...**separate themselves** from stressful events rather than be triggered by them

...observe situations from a **neutral position**, rather than become personally offended

...**control their reactions** to difficult situations so they can process their options, rather than react without thinking





# POLL

How often do you show up as a **mindful leader**?



# PAIR SHARE

WHEN HAVE YOU BEEN A  
**MINDFUL LEADER?**

WHAT QUALITIES WITHIN YOU  
**CREATED THAT FEELING?**

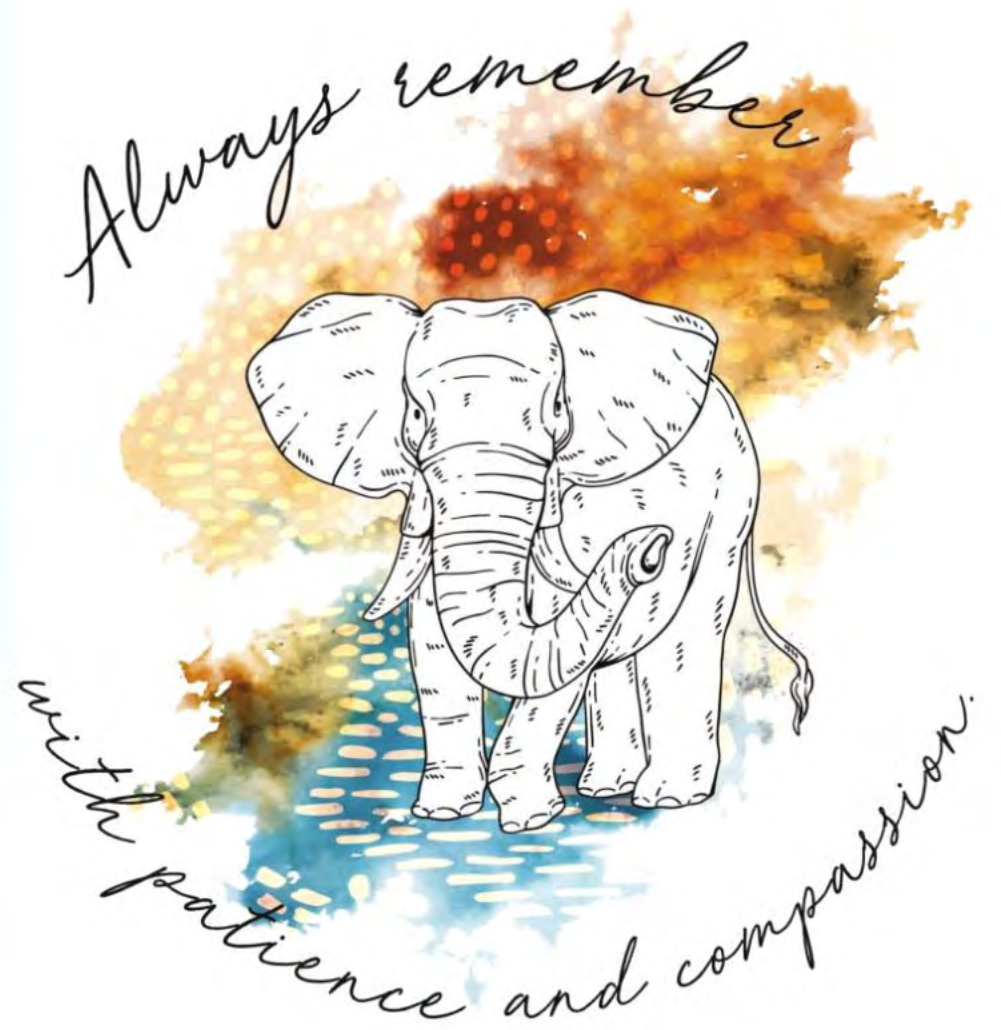




**THREE TOOLS TO  
IGNITE MINDFUL  
LEADERSHIP**



# INTENTIONS



**JUST THIS**





# MINDFUL PAUSE





# REFLECTION

WHICH ONE OF THESE TECHNIQUES  
COULD YOU USE WITH SOMEONE OR  
SOMETHING TO BE MORE MINDFUL WITH?

**INTENTIONS**  
JUST THIS  
MINDFUL PAUSE





# GUIDED PRACTICE

# TRIO SHARE

WHO/WHAT IS SOMEONE/SOMETHING THAT  
MAKES YOU MINDLESS AND HOW COULD YOU  
USE ONE OF THOSE TOOLS TO BE MORE **MINDFUL?**





**IF YOU'RE NOT  
BEING MINDFUL,  
YOU'RE BEING  
MINDLESS.**



Like what  
you heard?

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Permission to  
be Human  
today!

