

# Mindful Leadership at Work<sup>©</sup>

What does the research show?

I feel like I am able to be myself in the workplace.	Pre Course	Post Course
1 - Almost Always	10%	36%
2 - Very Frequently	47%	40%
3 - Somewhat Frequently	32%	23%
4 - Somewhat Infrequently	4%	2%
5 - Very Infrequently	7%	0%
6 - Almost Never	0%	0%

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What does the research show?

I am an important contributor to the strategic plans of my department.	Pre Course	Post Course
1 - Almost Always	11%	8%
2 - Very Frequently	18%	30%
3 - Somewhat Frequently	44%	49%
4 - Somewhat Infrequently	19%	9%
5 - Very Infrequently	6%	4%
6 - Almost Never	1%	0%

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What does the research show?

I am able to be fully attentive to a conversation.	Pre Course	Post Course
1 - Almost Always	14%	17%
2 - Very Frequently	22%	57%
3 - Somewhat Frequently	42%	25%
4 - Somewhat Infrequently	18%	2%
5 - Very Infrequently	4%	0%
6 - Almost Never	0%	0%

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What does the research show?

I find it difficult to stay focused on a project from beginning to end.	Pre Course	Post Course
1 - Almost Always	11%	2%
2 - Very Frequently	17%	0%
3 - Somewhat Frequently	39%	28%
4 - Somewhat Infrequently	25%	42%
5 - Very Infrequently	8%	25%
6 - Almost Never	0%	4%

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What does the research show?

I am able to make time on most days to prioritize my work.	Pre Course	Post Course
1 - Almost Always	6%	13%
2 - Very Frequently	14%	42%
3 - Somewhat Frequently	28%	30%
4 - Somewhat Infrequently	28%	11%
5 - Very Infrequently	19%	4%
6 - Almost Never	6%	0%

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## What does the research show?

I am able to make time on most days to eliminate some tasks/meetings with limited productivity value.	Pre Course	Post Course
1 - Almost Always	3%	13%
2 - Very Frequently	6%	30%
3 - Somewhat Frequently	39%	38%
4 - Somewhat Infrequently	26%	15%
5 - Very Infrequently	22%	4%
6 - Almost Never	4%	0%

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What does the research show?

I take time each day to optimize my personal productivity.	Pre Course	Post Course
1 - Almost Always	1%	8%
2 - Very Frequently	1%	34%
3 - Somewhat Frequently	24%	45%
4 - Somewhat Infrequently	32%	13%
5 - Very Infrequently	28%	0%
6 - Almost Never	14%	0%

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## What does the research show?

I am able to be fully attentive in meetings, conference calls and presentations.	Pre Course	Post Course
1 - Almost Always	6%	13%
2 - Very Frequently	25%	62%
3 - Somewhat Frequently	42%	21%
4 - Somewhat Infrequently	21%	4%
5 - Very Infrequently	6%	0%
6 - Almost Never	1%	0%



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What does the research show?

I am able to respond with clarity, even under pressure.	Pre Course	Post Course
1 - Almost Always	4%	13%
2 - Very Frequently	28%	45%
3 - Somewhat Frequently	47%	34%
4 - Somewhat Infrequently	13%	8%
5 - Very Infrequently	6%	0%
6 - Almost Never	3%	0%

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## What does the research show?

I am able to notice when my attention has been pulled away and redirect it to the present.	Pre Course	Post Course
1 - Almost Always	4%	26%
2 - Very Frequently	25%	51%
3 - Somewhat Frequently	50%	23%
4 - Somewhat Infrequently	11%	0%
5 - Very Infrequently	8%	0%
6 - Almost Never	1%	0%

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## What does the research show?

I notice that I am distracted by thoughts about work when at home, or about home when at work.	Pre Course	Post Course
1 - Almost Always	17%	0%
2 - Very Frequently	47%	17%
3 - Somewhat Frequently	25%	40%
4 - Somewhat Infrequently	11%	28%
5 - Very Infrequently	0%	13%
6 - Almost Never	0%	2%

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## What does the research show?

I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	Pre Course	Post Course
1 - Almost Always	28%	6%
2 - Very Frequently	28%	4%
3 - Somewhat Frequently	24%	32%
4 - Somewhat Infrequently	11%	43%
5 - Very Infrequently	7%	15%
6 - Almost Never	3%	0%

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What does the research show?

It seems I am running on automatic, without much awareness of what I am doing.	Pre Course	Post Course
1 - Almost Always	6%	0%
2 - Very Frequently	29%	8%
3 - Somewhat Frequently	22%	11%
4 - Somewhat Infrequently	28%	53%
5 - Very Infrequently	11%	25%
6 - Almost Never	4%	4%

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What does the research show?

I rush through activities without being really attentive to them.	Pre Course	Post Course
1 - Almost Always	4%	0%
2 - Very Frequently	22%	6%
3 - Somewhat Frequently	35%	19%
4 - Somewhat Infrequently	25%	49%
5 - Very Infrequently	11%	23%
6 - Almost Never	3%	4%

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## What does the research show?

I find myself listening to someone with one ear, doing something else at the same time.	Pre Course	Post Course
1 - Almost Always	4%	2%
2 - Very Frequently	33%	2%
3 - Somewhat Frequently	36%	9%
4 - Somewhat Infrequently	13%	45%
5 - Very Infrequently	11%	30%
6 - Almost Never	3%	11%

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What does the research show?

I drive places on automatic pilot.	Pre Course	Post Course
1 - Almost Always	11%	0%
2 - Very Frequently	36%	6%
3 - Somewhat Frequently	33%	13%
4 - Somewhat Infrequently	8%	45%
5 - Very Infrequently	8%	26%
6 - Almost Never	3%	9%



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What does the research show?

I find myself preoccupied with the future or the past.	Pre Course	Post Course
1 - Almost Always	13%	0%
2 - Very Frequently	25%	9%
3 - Somewhat Frequently	32%	30%
4 - Somewhat Infrequently	19%	42%
5 - Very Infrequently	8%	19%
6 - Almost Never	3%	0%

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What does the research show?

I find myself doing things without paying attention.	Pre Course	Post Course
1 - Almost Always	3%	0%
2 - Very Frequently	28%	6%
3 - Somewhat Frequently	29%	13%
4 - Somewhat Infrequently	22%	57%
5 - Very Infrequently	17%	17%
6 - Almost Never	1%	8%

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What does the research show?

Last question: I snack without being aware that I'm eating.	Pre Course	Post Course
1 - Almost Always	6%	0%
2 - Very Frequently	22%	4%
3 - Somewhat Frequently	14%	21%
4 - Somewhat Infrequently	22%	19%
5 - Very Infrequently	14%	23%
6 - Almost Never	22%	34%

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## What does the research show?

1. The participants were General Mills employees at the director and manager level.
2. The results depicted in the charts are from the 72 participants in the first three courses.
3. The results were confirmed by an analysis of 51 participants in subsequent courses.
4. All 19 questions show a statistically significant change with a 95% confidence factor.