

Share in the chat:




**What do you hope
you learn during
this session?**





Misconceptions

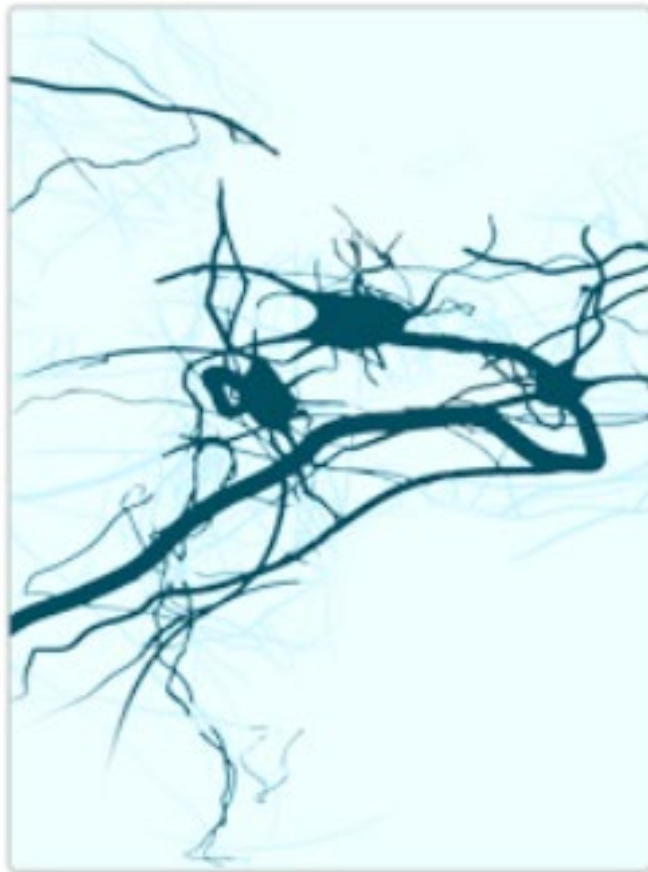
1. Mindfulness is religious.
2. Mindfulness is sitting & doing nothing.
3. Mindfulness is having no thoughts.

A woman with long, light brown hair is sitting at a desk in a bright, modern office. She is wearing a light-colored, vertically striped button-down shirt. She is looking off to the right with a thoughtful expression, her hand resting on her chin. In front of her is a silver laptop. The background shows large windows with a view of a cityscape, and the office has a clean, minimalist aesthetic with light-colored walls and a wooden desk.

Paying attention, on purpose, to the present moment, non-judgmentally.



Neural networks **before**
training



Neural networks **2 weeks** after
stimulation



Neural networks **2 months**
after stimulation

A woman with shoulder-length brown hair is sitting at a desk in a bright, modern office. She is wearing a light-colored, vertically striped button-down shirt. She is looking off to the right with a thoughtful expression, her hand resting on her chin. In front of her is a silver laptop. The background features large windows with white frames, letting in natural light. The overall atmosphere is professional and focused.

Training for the brain.

Dampens activity in the amygdala

Increases resilience in handling stress

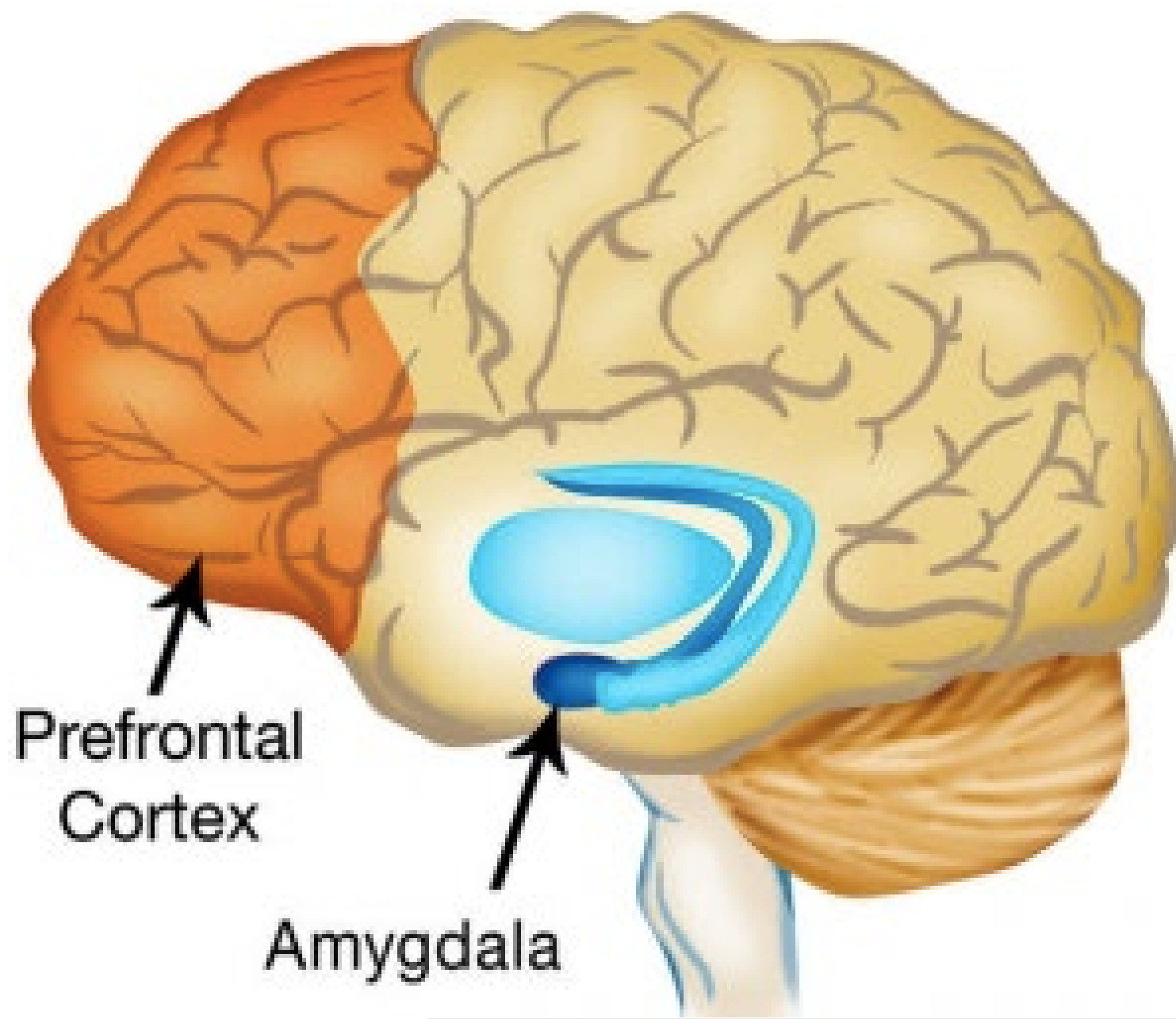
Sustains focus, inhibitory control

Enhances ability to handle complex situations

Decreases neural activity related to rumination

**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**



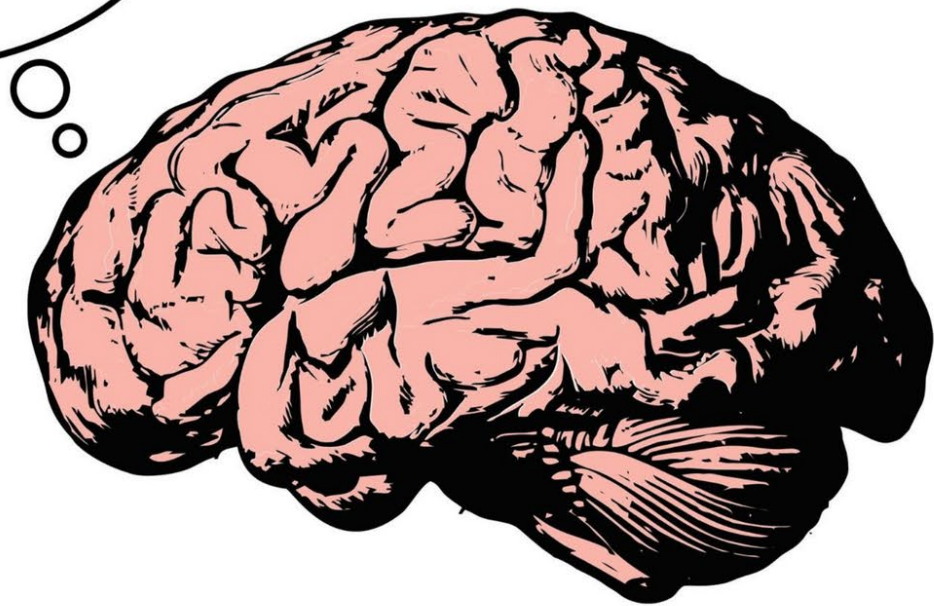
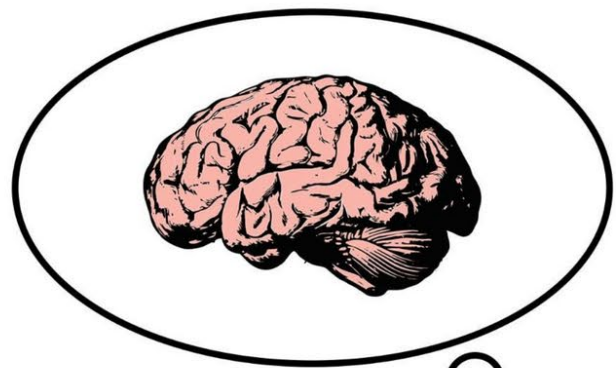


Prefrontal
Cortex

Amygdala

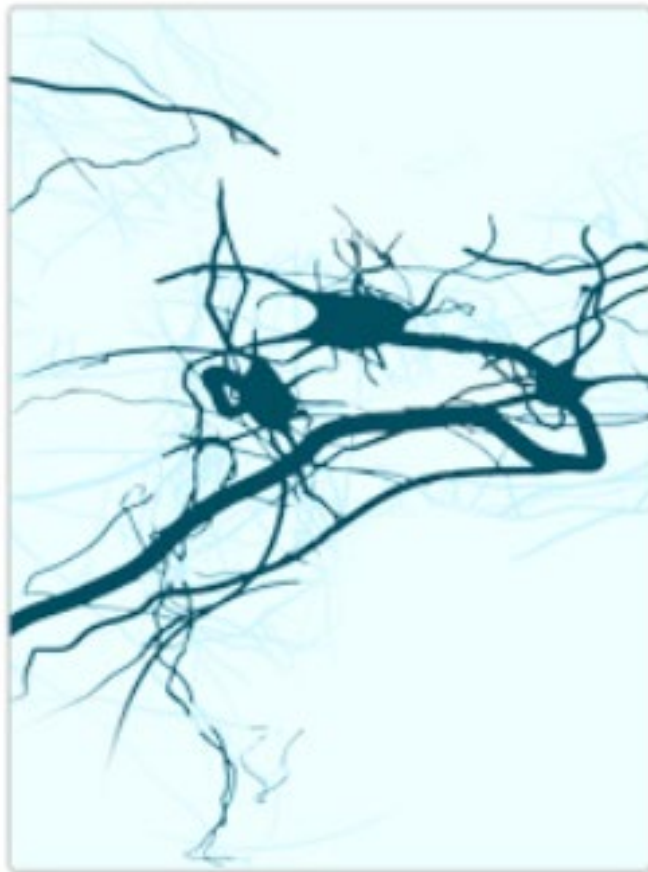


Hardwired for
prehistoric life





Neural networks **before**
training



Neural networks **2 weeks** after
stimulation



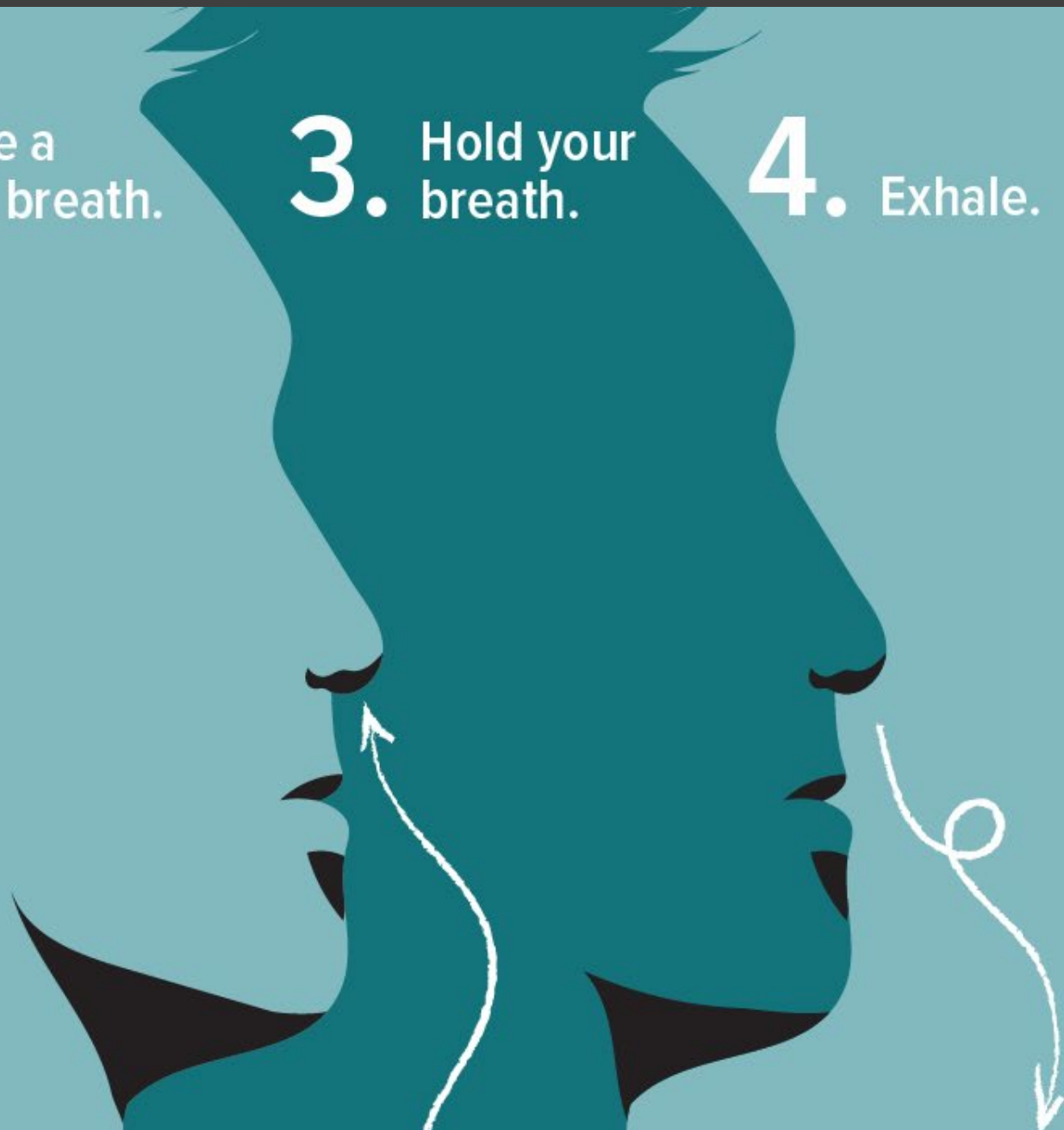
Neural networks **2 months**
after stimulation

1. Sit or stand with your elbows slightly back.

2. Inhale a deep breath.

3. Hold your breath.

4. Exhale.



1. Inhale,
one, two.

2. Purse
your lips.

3. Breathe
out slowly.



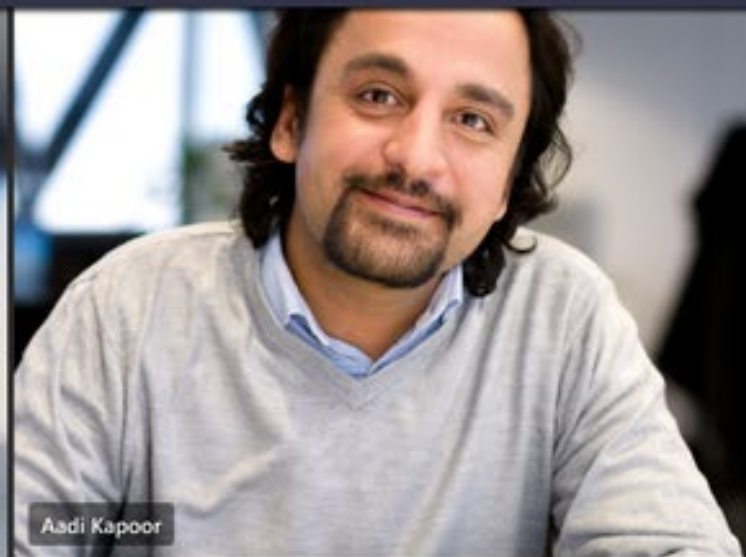
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Leave

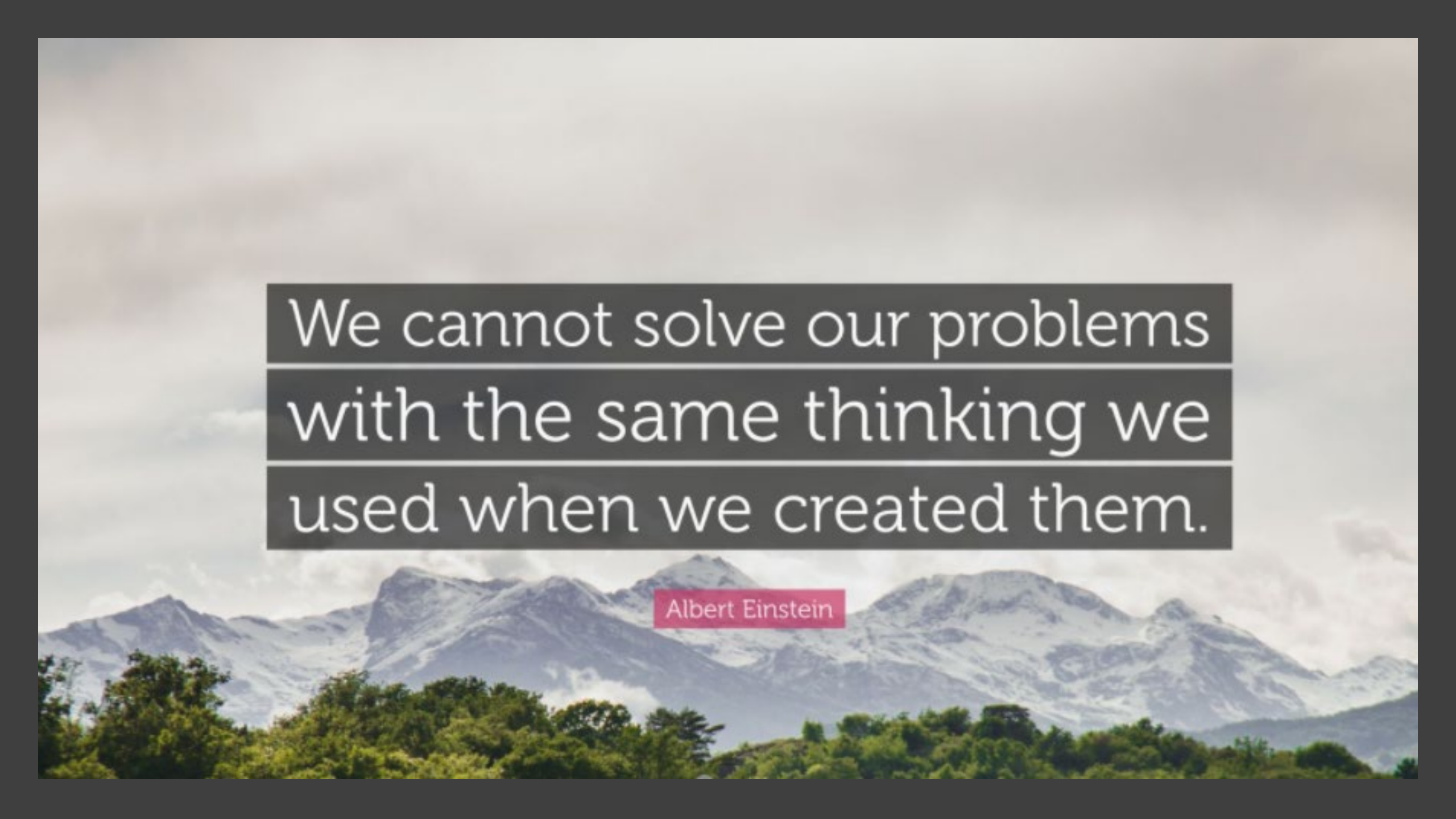
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Transcript

- CG** 11:22 AM
I'd like to introduce Babak Shammas, joining us from the Kuala Lumpur office. Welcome Babak!
- Jazmine Simmons** 11:23 AM
Welcome to the team, Babak!
- MB** Marie Beaudouin 11:23 AM
Great to meet you. Really looking forward to working with you.
- Babak Shammas** 11:23 AM
Thanks for the intro, Charlotte. It's a pleasure to meet you all today.
- MB** Marie Beaudouin 11:23 AM
So what did you all think of today's kickoff meeting for the new building project?
- LG** Lilly Georgsen 11:23 AM
It's very exciting. I've already been thinking about some ways the buildings can be designed.
- Daniela Mandera** 11:23 AM
We're off to a great start. Let's keep the momentum going.
- Babak Shammas** 11:23 AM
I'm going to follow up after this meeting with



We cannot solve our problems
with the same thinking we
used when we created them.

Albert Einstein