Mindfulness...

it's a practice NOT perfection

Bringing clarity, for yourself and your work
My promise...

**GENEROSITY.** I will bring all I have. I’m willing to be brave and afraid at the same time.

**GRATITUDE.** You are giving me your most precious resource: TIME!

**CONNECT.** It’s all about collective connection. Eye contact is amazing.

**SERVICE.** It’s not about me. If you feel like it is, call me out on my $h!%.

**Laugh, learn, keep it real.**
With the end in mind

Purpose
• Create awareness of what is happening, the brain science and practices for your mindfulness “tool chest.”

Objectives:
1. Explain what happens when you get “triggered.”
2. Begin to have an understanding of what it feels like when it happens so you can stop it in it’s tracks.
3. Learn a few tools you can use to help you move forward when you have been hijacked.
And us goofballs who make it happen...

leadership and operating model for our customers and our own organism

Diverse approaches and perspectives for adaptable solutions

Embody an approach of not why, but WHY NOT innovation within guardrails to choose and do the right thing

Making oneself vulnerable with the support of a great team and safe environment

Resilient leadership and operating model for our customers and our own organism

Personal Growth of our clients and employees

Freedom experimentation

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Awareness allows us to meet life’s challenges with more flexibility and joy in our internal and interpersonal worlds.
Mindsight

• A skill of the mind that promotes insight, empathy, and integration

• Combine science with reflective awareness
The lenses that I look through...
What is Mindfulness?
What is Mindfulness?
Awareness allows us to meet life’s challenges with more flexibility and joy in our internal and interpersonal worlds.

Why is it important in our work?
Dispelling the Myths

Mindfulness does not equal meditation... but may include it

Meditation does not equal quite & focused... but may include it

Mindfulness does not mean a quiet mind...
In order to help, empathize, inspire, motivate, and grow people, we need to first be in a place where we can hold all these emotions for ourselves.

Helping you take care of yourself for the duration of this conference and also to give you some tools to help with this long after you have left.
My Mindfulness Perfection... Practice

The “Darren Kata”

• Breathing, Guided Meditation
• Crossfit, Camping, Wakesurfing, Outdoors
• Mindfulness Knowledge Collector
  • Dare to Lead™, SIYLI, Conscious Leadership
  • Michael Singer, Tara Brach, Daniel Seigel
• Wisdom 2.0, Mindful Leadership
• Darren Kata
• Coach, Parent, Spouse, Progression junkie, and Human..

This is what mindfulness looks like for me... not a traditional model

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Shame loves perfectionists —

IT'S SO EASY TO KEEP US QUIET.

Brené Brown
Mind

How it works

• Neuroscience, the brain's structure and function
  • Brainstem: ancient brain. Regulates basic processes, states of arousal, flight-flight-freeze
  • Limbic System: emotions, evaluation of good vs bad, forming relationships and emotional attachment, memory
  • Cerebral Cortex: think, imagine, combine facts and experiences, create

How it’s “wired”

• Neuroplasticity: capacity to create new neural connections and new neurons in response to experience
9 Important Functions of the Pre-Frontal Cortex

- Body Regulation
- Attunement
- Emotional Balance
- Response Flexibility
- Empathy
- Self-Knowing Awareness (Insight)
- Fear Modulation
- Intuition
- Morality
Mindfulness

What does a mindfulness practice give us?
RAI N

RAIN
A Practice in Mindfulness

Recognize
Recognize what you are Experiencing

Allow
Allow the Experience to Just Be

Investigate
Investigate with Compassion

Non-Identification
Non-Identify with the Emotion
Mindsight

What does Mindsight give us?
“Mindsight is the ability for the human mind to see itself. It is a powerful lens through which we can understand our inner lives with more clarity, transform the brain, and enhance our relationships with others.”

- Dr. Dan Siegel

Thoughts are not facts
Triangle of Well-Being / Resilience

- **Mind**: Insight, awareness, intention, and focused attention
- **Relationship**: Attachments impact our physical brain structure
- **Brain**: The extended nervous system throughout our body
Relationships... your story

- We all have a story, our stories shape us
- Differentiation to Integration
- Our brain’s have “muscle memory” related to the stories and relationships that have shaped us
- Your stories do not have to define you, but currently they may
Does any of this sound familiar?
All models are wrong, some are useful

What lenses or new awareness do they bring?
You + Mindfulness =

What will it give you?
What is your next to step?
What is part of your practice?
Guided meditation

Yes, there is an app for that

Insight Timer
Empathy is not connecting to an experience.

Empathy is connecting to the emotions that underpin an experience.