



Diamond Journey Panel

Leading with Heart and Mind for Healthcare Leaders

Antonette Shockey



ACTIVITY #1

**My normal
workday
consists of:**

A.

I work in an office, hospital, or other setting that requires interaction with multiple people.

B.

I work from home.

C.

I connect with the same group of people every day.

D.

None of these options apply to me.

ACTIVITY #2

How do you define mindfulness?

A.

Doing things such as yoga and meditation to calm the mind.

B.

Incorporating affirmations into the workplace to improve the culture.

C.

Being mindful not to say what you're really thinking about your boss's hideous sweater.

D.

I have no idea how mindfulness and work are related.



What is Mindfulness?

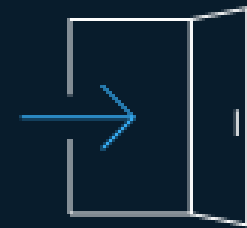
Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, that there’s a “right” or “wrong” way to think or feel in a given moment.

When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.

Employees facing mental-health or well-being challenges report more negative experiences at work.

Likelihood of reporting negative work experiences for those with at least one mental-health or well-being challenge relative to other employees,¹ multiple



4x

more likely to say
they intend to leave



3x

more likely to report
low job satisfaction



3x

more likely to experience
toxic workplace behavior



2x

more likely to report low
engagement at work

“WE’VE HAD TO CHANGE THE PERCEPTION THAT NATURE IS ONLY SOMETHING WE CAN SEE. THE RISKS AND THE BENEFITS THAT WE DERIVE FROM NATURE OFTEN COME FROM EVERYTHING THAT WE CAN’T SEE.”

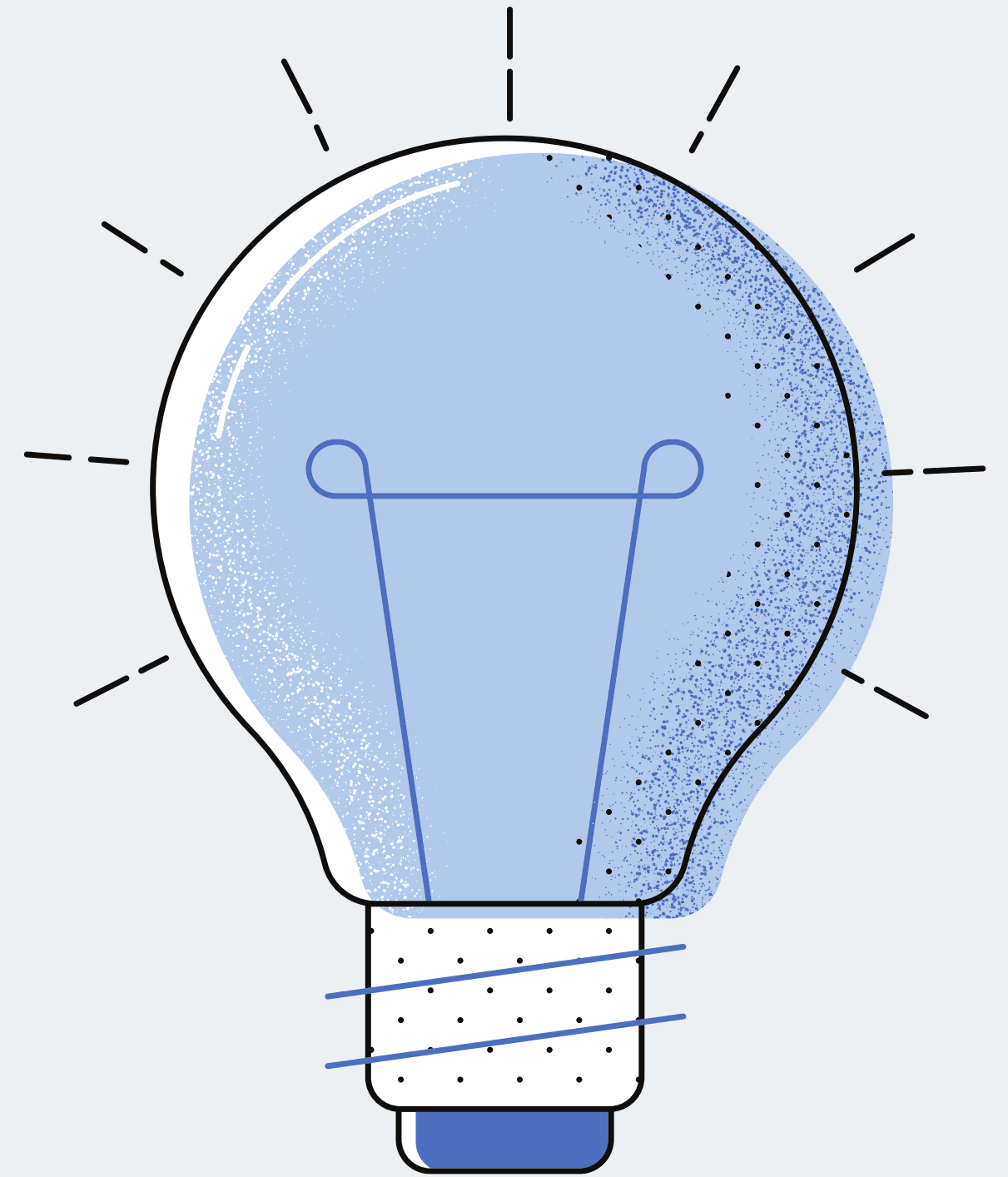
(KATIE CRITCHLOW, CEO NATUREMETRICS)



Objectives

Goals for our session today:

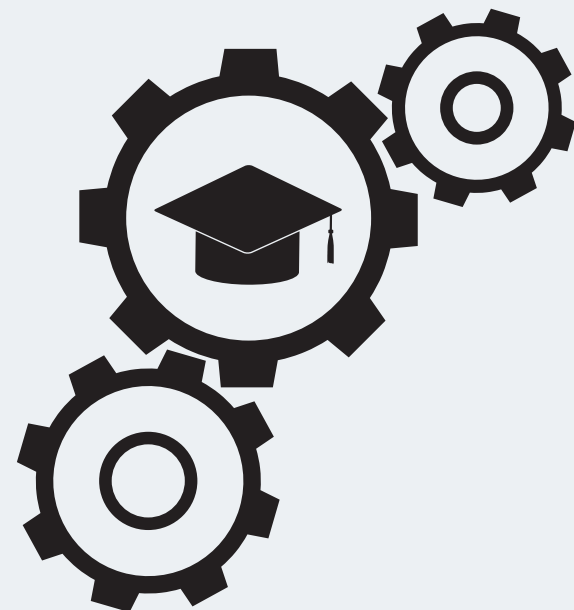
- Define Mindfulness.
- Learn to realistically incorporate mindfulness into your daily routine.
- Hear from colleagues about their current practices.
- Receive actionable steps to incorporate mindfulness into the workplace.
- Learn various tips to prioritize yourself.
- Discover the correlation between mindfulness and employee engagement.





IN PERSON FACE TO FACE CREDIT

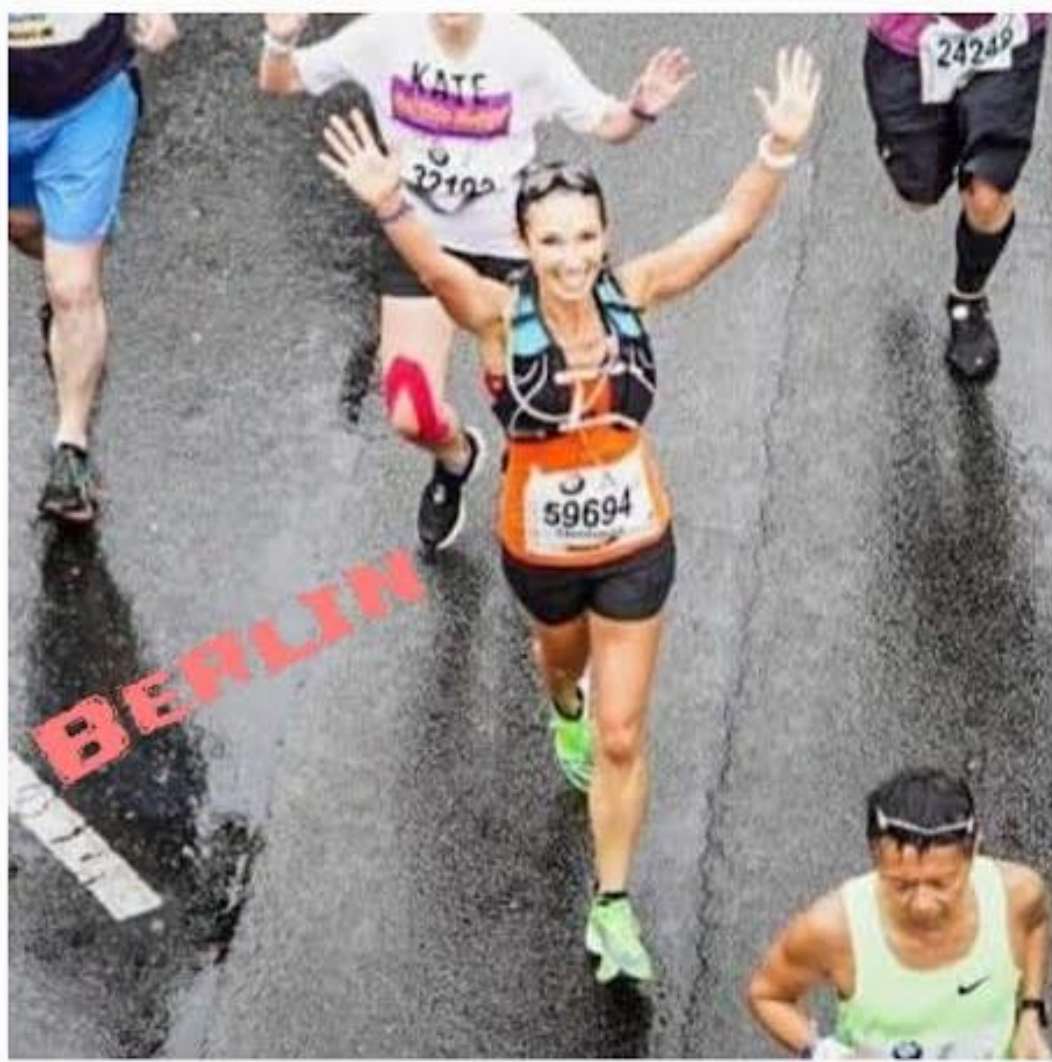
CAHL F2F CREDIT



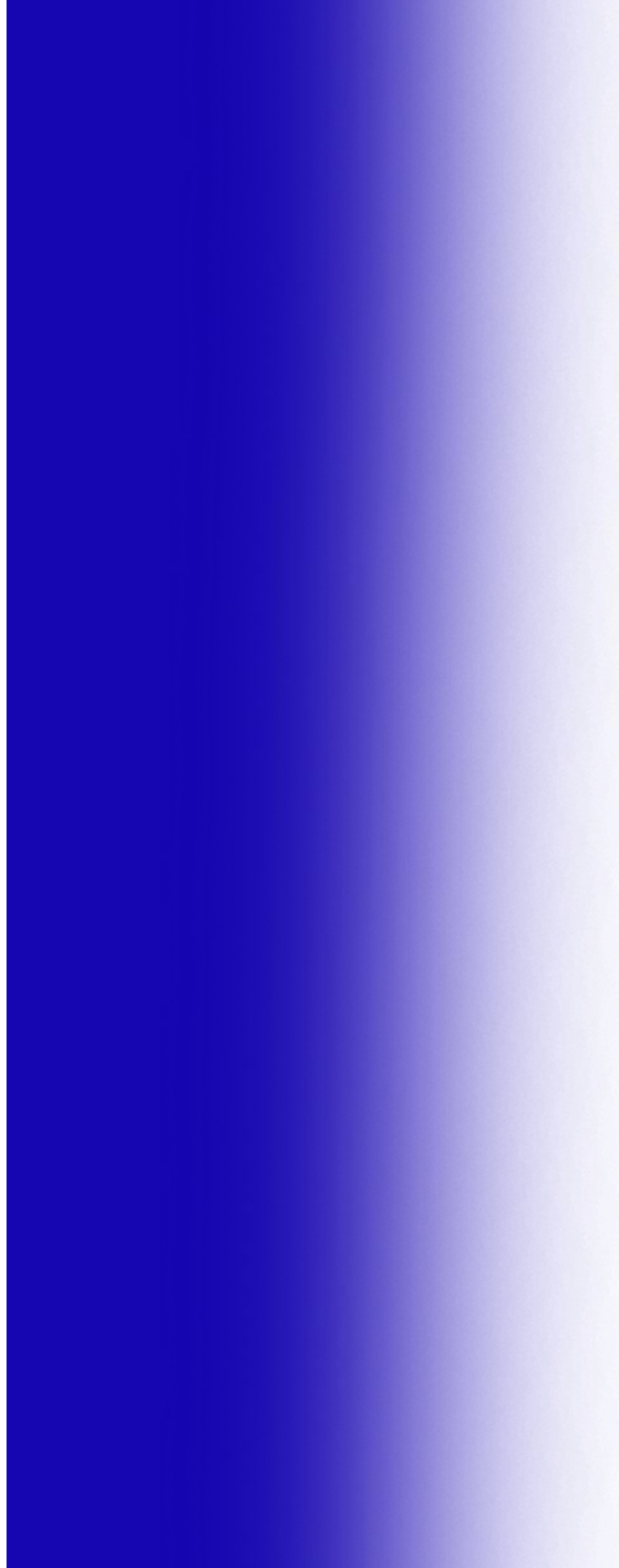
Diamond Journey Panel 1.5 F2F Credits

This session is approved for 1.5 Face to Face Credits. To ensure you are awarded these credits, please provide your first and last name, email address, and contact information on the sign-in sheet.

Christiana Kearns



Navi Atwal



Corrina Clark



What effective mindfulness techniques can leaders implement in their daily routines to manage stress, improve overall-wellbeing & enhance decision-making abilities?



What are some potential challenges or barriers to implementing mindfulness practices in the workplace, and how can these be overcome to ensure sustained success and benefits for leaders and their teams?



How can leaders foster a culture of mentorship and support for the next generation of leaders in their respective industries? How do mindfulness and mentorship correlate?



In what ways can leaders use their positions of influence to advocate for positive change in society and support important causes, both within and outside of the workplace?





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