



A WEEK IN *Learning*

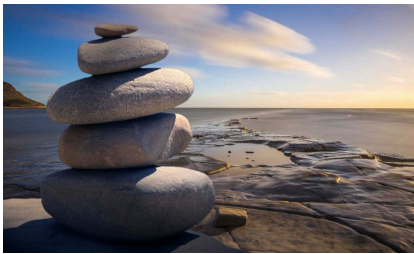
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WHY MINDFULNESS MAKES YOU MORE PRODUCTIVE - AND HOW TO MAKE IT WORK FOR YOU by Matt Ellis

Recommended by Michael Brocchini, Instructional Designer, Learning & Development

In the article "Why Mindfulness Makes You More Productive", author Matt Ellis explores the concept of mindfulness and its effects on the brain, particularly in the context of improving productivity. Ellis delves into 3 main points:

1. The definition and practice of mindfulness.
2. How mindfulness affects the brain, including areas related to focus, memory, decision-making, stress relief, relationships, creativity, and happiness.
3. Practical ways to incorporate mindfulness into daily work routines.



Ellis' article highlights that mindfulness is not just a trendy concept, but a practice backed by scientific research. It emphasizes that mindfulness involves being consciously aware of the present moment, which includes focusing on one's own thoughts and eliminating distractions. The article further discusses how mindfulness positively impacts various cognitive functions, such as memory, decision-making, and creativity, by enhancing specific brain regions like the prefrontal cortex.

It also underscores the potential benefits of mindfulness for reducing stress and improving workplace relationships. When we suggest that even short, regular meditation sessions can yield observable results, it can create a valuable tool for organizations aiming to boost their overall productivity as a team.

My biggest takeaway from this article is the importance of integrating mindfulness practices into daily routines, both at an individual and organizational level. Mindfulness can enhance focus, memory, and decision-making while reducing stress levels. Its potential to improve relationships and creativity makes it a valuable asset in the workplace. As a result, readers are encouraged to explore mindfulness techniques, such as meditation; and consider their application in professional settings to achieve a better productivity and well-being.

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