

# Embracing the here and now

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# Overview

- Embracing here & now
- Mindfulness
- Why mindfulness?
- How to be mindful
- Examples
- Everyday leadership

here &

Embracing here & now...

NOW

# Meaning of embrace?

- to hold someone/something close to you
- to accept something with great interest or enthusiasm



## The here and now....

- Living in the moment = mindfulness
- A state of active, open, intentional attention on the present – accepting the moment-to-moment reality of what is

*“I can feel guilty about the past,  
apprehensive about the future,  
but only in the present can I act.  
The ability to be in the present  
moment is a major component of  
mental wellness”*

*Abraham Maslow*



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Mindfulness...  
NOW

# Mindfulness requires:

- To improve your performance, stop thinking about it (unselfconsciousness).
- To avoid worrying about the future, focus on the present (savouring)
- If you want a future with your significant other, inhabit the present (breathe)
- To make the most of time, lose track of it (flow)
- Know that you don't know (engagement)
- Don't Just Do Something, Sit There



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Why mindfulness? . . .

NOW

Leadership



At all levels...

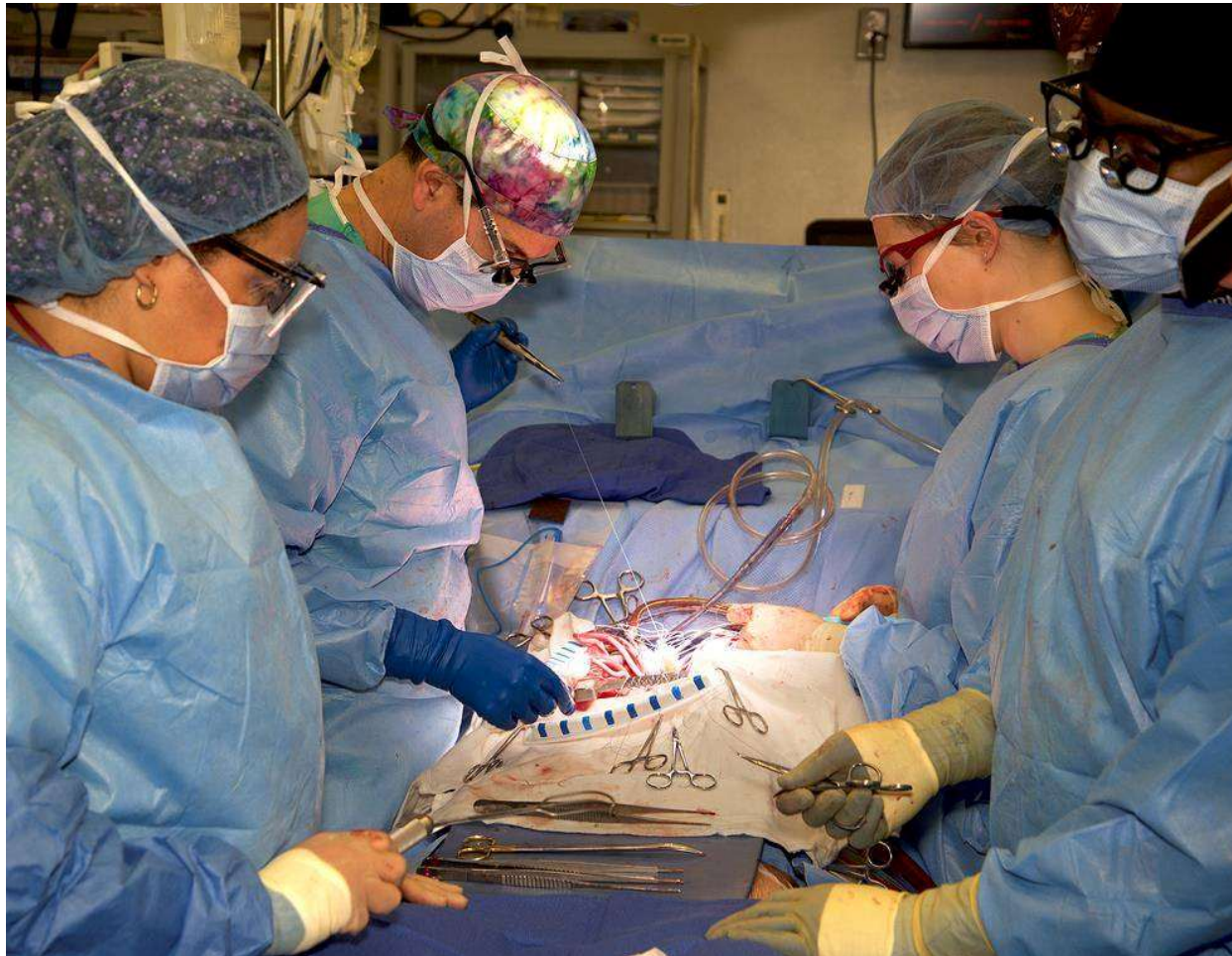
Our daily choices



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Examples...

# Time Out / Stand down





# Counting & checking....

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Advocacy...  
NOW



 **SUSTAINABLE DEVELOPMENT GOALS**

<b>1</b> NO POVERTY 	<b>2</b> ZERO HUNGER 	<b>3</b> GOOD HEALTH AND WELL-BEING 	<b>4</b> QUALITY EDUCATION 	<b>5</b> GENDER EQUALITY 	<b>6</b> CLEAN WATER AND SANITATION 
<b>7</b> AFFORDABLE AND CLEAN ENERGY 	<b>8</b> DECENT WORK AND ECONOMIC GROWTH 	<b>9</b> INDUSTRY INNOVATION AND INFRASTRUCTURE 	<b>10</b> REDUCED INEQUALITIES 	<b>11</b> SUSTAINABLE CITIES AND COMMUNITIES 	<b>12</b> RESPONSIBLE CONSUMPTION AND PRODUCTION 
<b>13</b> CLIMATE ACTION 	<b>14</b> LIFE BELOW WATER 	<b>15</b> LIFE ON LAND 	<b>16</b> PEACE, JUSTICE AND STRONG INSTITUTIONS 	<b>17</b> PARTNERSHIPS FOR THE GOALS 	 <b>SUSTAINABLE DEVELOPMENT GOALS</b>



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Incidents...  
NOW

# Ethics & human rights

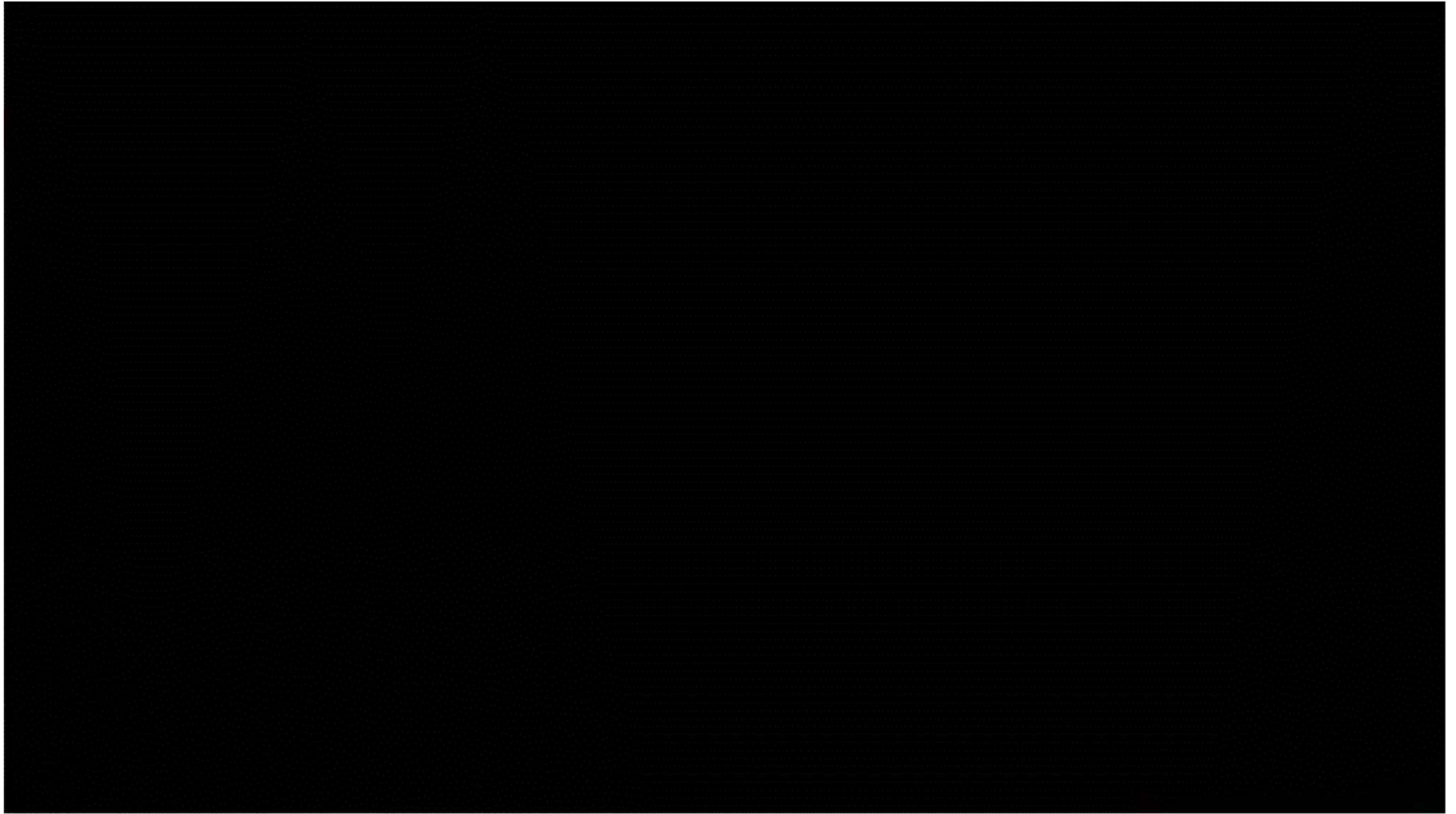
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Making a difference...  
NOW

To do something **makes the** world a better place because you never know when you touch the life of another person..

What this...



# **In conclusion...**

So, live in the moment, embrace the here and now, live and work with great enthusiasm so that you can always create lollipop moments for someone else

Thank you for your  
time and attention!

Wishing you successful deliberation during  
the next three days!

