

# Mindfulness Expert, Pandit Dasa, Encourages Mindful Leadership for Corporate Professionals

*Mindful Leadership encourages individuals to remain emotionally balanced during stressful situations, lead by example and appreciate their workforce.*

NEW YORK, NY, USA, February 14, 2017 /EINPresswire.com/ -- One would think that mindfulness is generally practiced on a beach, in a garden, a yoga studio or some other peaceful location. However, mindfulness is moving into a very unlikely environment and that is the corporate world. Corporations and [mindful leadership](#) seem to be at odds with each other. After all, when one thinks of the corporate world, one thinks of deadlines, competition, high pressure and long shifts.



It's exactly because of this that mindfulness meditation and Mindfulness training have made their way into the corporate environment. However, mindfulness has also moved into college campuses, hospitals, the military and even professional sports. All of these environments have their unique challenges and stress factors and mindfulness training can help anyone with a mind with reducing stress, feeling calmer and seeing situations from a positive perspective.

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*Pandit Dasa*

A Harvard business review article explains that mindfulness can actually change your brain. The Anterior Cingulate Cortex (ACC) which is located behind the frontal lobe of the brain, is responsible for self-regulation and prevents one from knee-jerk reaction's. Those with a damaged ACC have a harder time regulating their emotions and behavior. However, research shows that meditators are better at regulating their emotions and behavior. Having the ability to balance one's emotions and not losing one's cool is a key principle of mindful leadership. Losing your cool with your workforce will create an environment of fear and not inspiration.

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[Mindfulness trainings](#) can be conducted by a [mindfulness expert](#) in an office environment. One doesn't have to sit cross-legged on a yoga mat to engage in mindfulness meditation. One can be sitting in an office chair or at a conference table. One should be comfortable enough to stay alert but

not so comfortable that one runs the risk of falling asleep. If one wants to use Meditation to recharge and refocus, then one will need to stay alert and keep the mind focused on the present moment and their breath. Whenever one catches their mind wandering, one should gently bring it back to the present moment. The constant bringing back of the mind strengthens the muscles of the mind. This can be equated to doing push-ups with the mind.

Pandit Dasa, mindfulness expert, has been teaching meditation for almost two decades in and around New York City in corporations and college campuses around the country. He recommends starting with just five simple minutes per day of meditation. If you can do five minutes a day for 30 days then you can increase by one or two minutes per day. He believes that if it's done gradually and at a comfortable pace, there's a better chance of the practice remaining consistent.

As a Mindfulness expert, Pandit Dasa organizes mindfulness workshop and mindfulness trainings for corporate professionals and encourages them to remain calm and collected during difficult situations and to treat their employees with respect and to regularly appreciating their contributions. If managers can implement components of mindful leadership in their approach, it will gradually filter down to the rest of the workforce. This will be good for the individual, the teams and the entire organization. It's a win-win for everyone.

Ultimately, we should aspire to create a culture of mindfulness in our organization as that will not only help individuals reduce stress, but it will also create a positive and harmonious work environment.

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