

Mindful Leadership Expert Pandit Dasa, Brings Mindfulness Training to State Farm and Bank of Montreal

Companies are keen to introducing Mindfulness meditation and training for their top leaders.

NEW YORK, NY, U.S.A., January 23, 2018 /EINPresswire.com/ -- Whether you're in sales, marketing, accounting or HR, it's hard to avoid stress and conflicts in the workplace. A wide variety of industries are looking towards Mindfulness meditation as a way to help their workforce cope with the increased levels of stress and anxiety employees are dealing with. Mindfulness training is proving to be a valuable tool for companies looking to provide a positive work environment. Mindfulness leadership training is also providing tools to help individuals develop empathy and a more compassionate approach to leading. Mindfulness is helping leaders develop the mindset that caring and supporting their employees is a more sustainable way of leading than leading with fear.



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Pandit Dasa

[Mindful Leadership](#) encourages individuals to remain emotionally balanced during stressful situations, lead by example and appreciate their workforce.

Many financial institutions and insurance companies such as Aetna, Statefarm, Nationwide, Citi, Bank of America, JPMorgan Chase, The World Bank, TD Ameritrade, UBS and many others have experimented with mindfulness training. Regardless of the industry, mindfulness can benefit all who make even a small commitment to practicing it on a regular basis. Mindfulness training helps individuals cooperate with one another by allowing us to understand another person's

perspective. This skill can help improve relationships professionally and personally.

Mindfulness isn't just practiced on a beach, in a garden, a yoga studio or some other peaceful location. It 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.

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.

Christopher Moore and MIT nearest scientist, explains that meditation helps improve focus. These types of research articles are allowing individuals who might be skeptical of mindfulness to adopt it more freely and even bring it into a corporate arena.



Mindfulness training



Mindfulness Training

[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, [mindful leadership expert](#), has been has been conducting mindfulness trainings 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.

Pandit Dasa
Conscious Living, LLC
614-286-1080
email us here

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