



July 12, 2017 In The Know Summary

ONE SECOND AHEAD:

Enhance Your Performance at Work with Mindfulness

by Rasmus Hougaard, Jaqueline Carter, and Gillian Coutts

What did we discuss?

This week, [Dana Pulley](#) facilitated an engaging and insightful conversation around mindfulness in the workplace, as we discussed [One Second Ahead: Enhance Your Performance at Work with Mindfulness](#).

Can mindfulness at work help employees to be happier and more productive? The authors of One Second Ahead think so, and back up this premise with science and research that shows mindfulness at work is going to be a major factor at successful companies in the future.

To balance both sides of this discussion, Dana shared some interesting distinctions between approaches and practices, using *One Second Ahead* as a reference, as well as [Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness \(and World Peace\)](#) by Chade-Meng Tan.

Both leverage equally valid approaches but engage the audience differently – something to consider when working with different corporate audiences. For example, *One Second Ahead* focuses on attention as the entry point, whereas *Search Inside Yourself* focuses on Emotional Intelligence and Emotional Regulation. The books also differ in the level of specificity in how they describe their mindfulness practices.

How did we dive deeper into the subject matter?

After doing some mindfulness practices in the room, we moved to a conversation around multi-tasking, (often a great “hook” for corporate audiences), then an insightful “gotcha” exercise that demonstrated just how inefficient multi-tasking actually is.

So, what did we learn?

The common thread throughout the discussion was approaching situations, stress, or tasks with a sense of focus and awareness. When we slow down long enough to then check in with ourselves, we will then be able to engage in more meaningful ways, become more productive, and tap into our potential.

How can I learn more?

- [The Potential Project](#)
- [Mindfulness-Based Stress Reduction \(Apps\) - http://mindfulnessapps.com/](#)
- [One Second Ahead: Enhance Your Performance at Work with Mindfulness](#) by Rasmus Hougaard, Jaqueline Carter, and Gillian Coutts
- [Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness \(and World Peace\)](#) by Chade-Meng Tan
- [Becoming a Resonant Leader: Develop Your Emotional Intelligence, Renew Your Relationships, Sustain Your Effectiveness](#) by Annie McKee, Richard Boyatzis, and Fran Johnston
- [Finding the Space to Lead](#) by Janice Marturano
- [Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long](#) by David Rock