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Mindfulness and wellbeing: Survival toolkit in a changing world

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While mindfulness is receiving much attention in the press and by research institutions, and the uptake by the corporate sector has been enthusiastic, this presentation explores the idea that mindfulness and wellbeing practices are no longer nice to have, but imperative to individual and collective survival, and sustainable learning and development. Scientific research and anecdotal evidence suggests that reflective practices such as mindfulness and wellbeing initiatives have enormous benefits for individuals in a work context and for overall organizational effectiveness. Today's workplaces are sites of increasing pressure, partly due to the impact and all-pervasiveness of technology, which has given us unprecedented capability - but also increasing complexity. As a result, individuals routinely experience high levels of distraction and the stress of over-connectivity; while the proliferation of social media and online profiling externalizes identity, leading to an increasing sense of fragmentation and disembodiment. While the corporate mindfulness boom is a positive step towards organizations becoming more evolved, there remains a danger to adopt the most superficial form of these practices if facilitators do not have depth of experience. In this way, the level of competence and professional integrity of consultants qualified in these domains is of enormous importance. There is also an incredible opportunity at this time for leaders to foster more people centred organizations, and for individuals to bring more of themselves to their work life. The presentation will set the context for these issues by discussing the speaker's personal journey, beginning with a year's spiritual study in India, where a head injury sustained in a motorbike accident caused a near death experience which was profoundly transformational. The speaker will explore the rise of wellbeing and mindfulness practices in corporate life in the wake of this experience, endeavoring to inspire personal and professional enquiry and engagement, as participants are invited to enquire into the values underpinning their professional practice.

Biography

Neera Scott is Wellbeing and Resilience Specialist, Facilitator and Corporate based Mindfulness Consultant with Potential Project, the Global Leader in organizational mindfulness. She is an accredited coach certified by The Institute of Executive Coaching and Leadership, and her articles and interviews have been featured in several business journals. In her work with individuals and groups, she draws on 25 years personal practice of yoga, meditation and self-enquiry, and a continuing engagement with research into the effects of these practices.

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