



Mind the Gap: The Art of Mindfulness



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Welcome to the November 2011 newsletter.

2011 is almost over and it has been another amazing year, Unconscious Potential is now 4 years old and growing stronger. We have undertaken a number of large engagements this year and have also been recently nominated as a finalist in the Business Enterprise Centre – Annual Business Awards.

While this is the last newsletter for 2011, I would like to take the opportunity to wish all readers a fantastic Christmas and New Year.

Speaking of Christmas, there is a certain level of anxiety that always arises. Not only are there the social engagements but the yearly work deadlines to meet in an already busy schedule.

So this month, I'm going to ask you to focus and be in the moment.

How many of us have attempted meditation? "Not for me" you might say or "Yep, tried it but my mind just wanders"

What if I were to tell you that this practise of sitting still actually had sound evidence of its value and usefulness in your everyday live including leadership, decisions, your health, relationships and even your cognitive function? [Read More](#)

Snippets

Next time Outlook greets you with a friendly "You have 300 unread emails", hit the Delete All button, According to health and wellness writer Sarah Wilson, up to 80 % of emails will resolve themselves if left unanswered.

If this seems too extreme (which it is for me!!), check emails once or twice daily. Most emails will already be resolved by the time you get to them. Hmmmmm, I wonder!!!