

**MINDFULNESS AT WORK: FLOURISHING IN THE  
WORKPLACE**

Isabell Stettler

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How to find mindfulness and calm during your work days where it can be stressful and busy. Face the challenges with ease through these mindful practices and.

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Mindful Organisations - Developing Flourishing Workplaces. Organising means working with and supporting people, hence mindful organisation is in the area of mindfulness and mindfulness based programmes in workplace contexts.

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This then enables the generation of new and improved ways of responding. This book is filled with exercises, meditations and a personal two-week plan so you can learn to be mindful about work.

To see what your friend thought of this book, please sign up. Add to Cart. Friend Reviews. What I noticed is that everything was urgent, many people were rushing around and under pressure, and there were strong fixed views and complaints. Prices and offers may vary in store.

I found myself calling the nanny to arrange a breakfast meeting with the child at Work.