

DER PAID ALLTAG

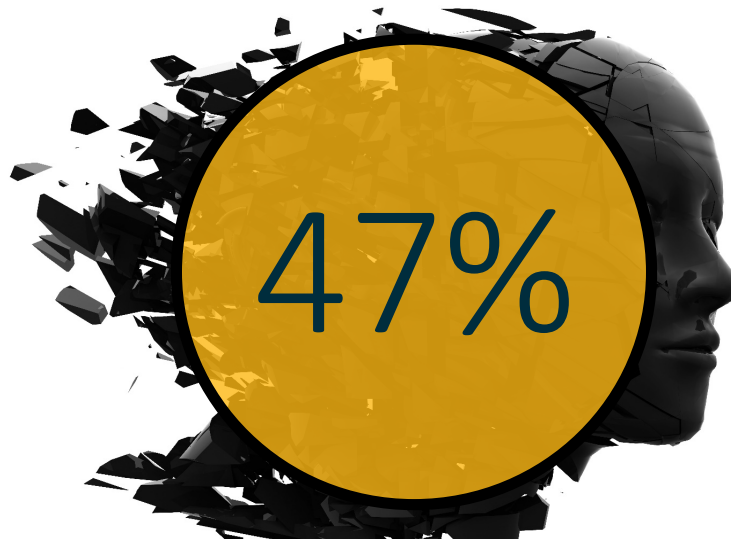


- P**ressed – Unter Druck
- A**lways on – Immer "an"
- I**nformationsüberlastung
- D**istracted - Abgelenkt



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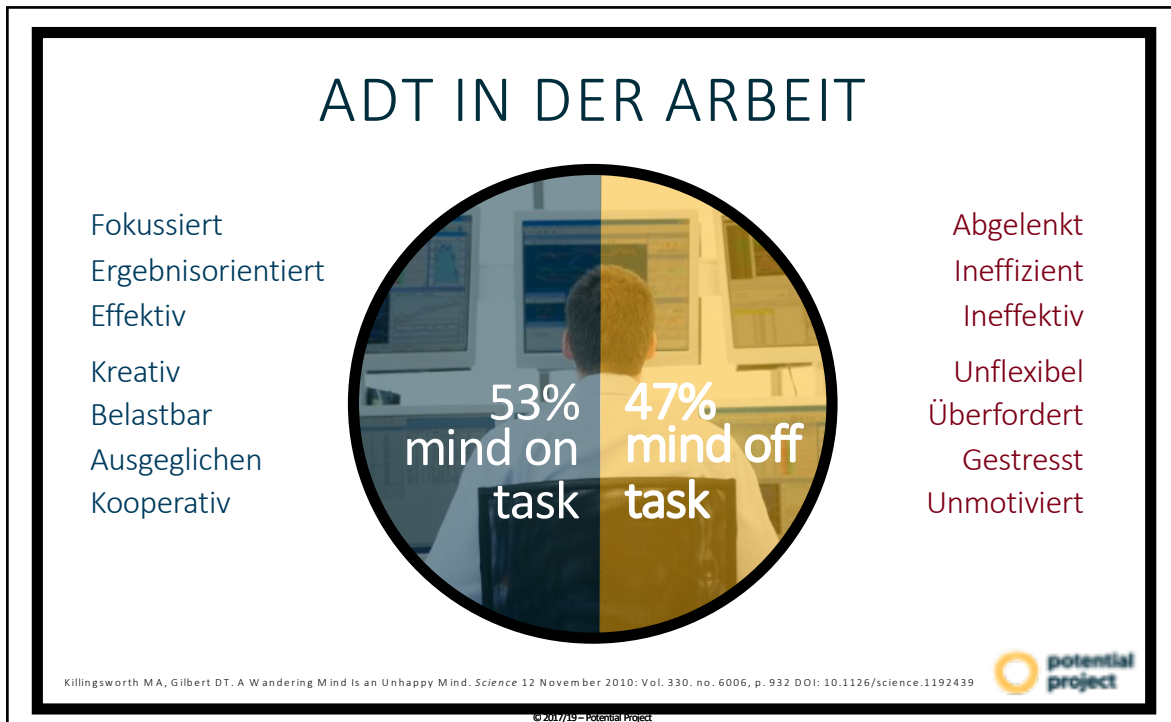
ATTENTION DEFICIT TRAIT



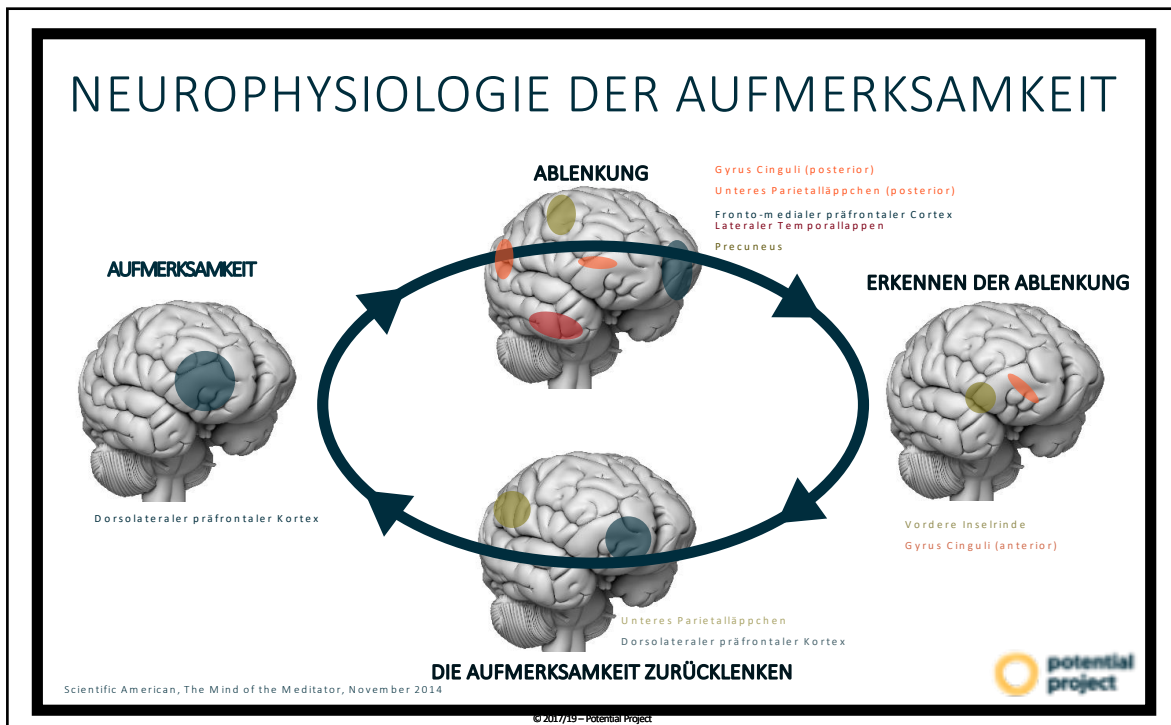
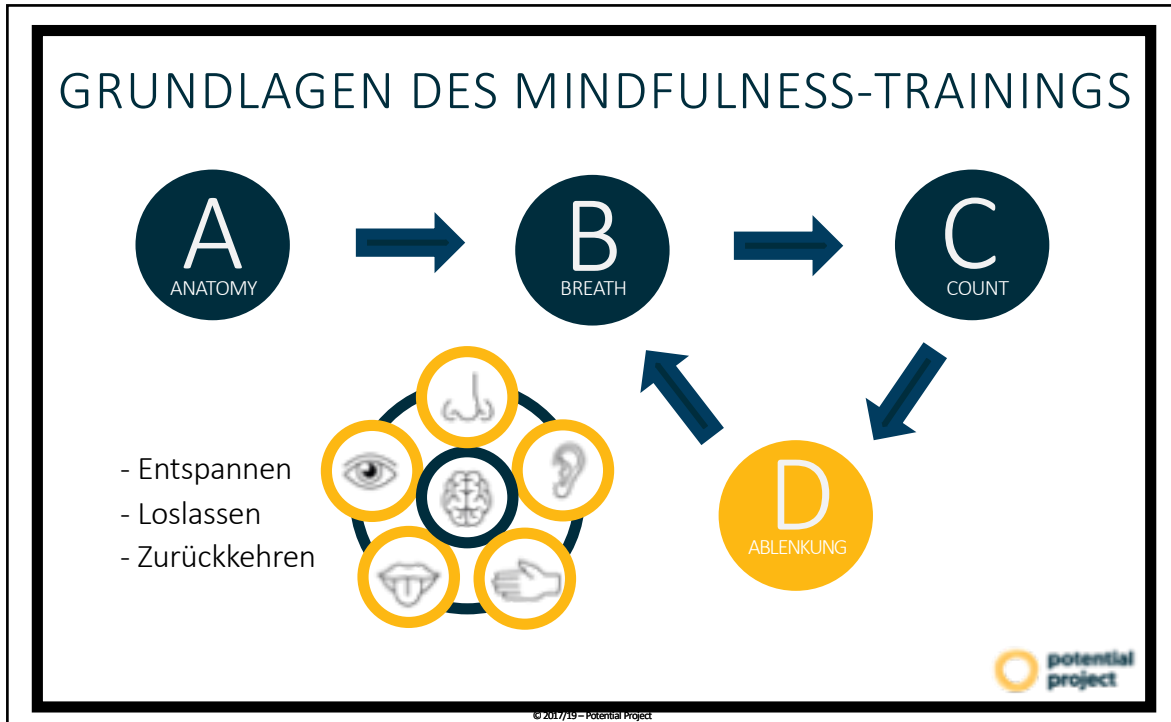
Harvard Business Review: "Overloaded Circuits: Why Smart People Underperform", Edward M. Hallowell / Killingsworth MA, Gilbert DT. A Wandering



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MINDFULNESS IM ARBEITSALLTAG

Benefit	Researcher(s)	Year
Bessere Leistungen	Dane	2011
Weniger multitasking	Levy	2012
Bessere work-life balance	Fortney	2013
Kreativität & Innovation	Murphy	1996
Bessere Problemlösung	Kinder	1997
Weniger Krankheits-tage	Barret	2012
Bessere Entscheidungen	Ruedy	2011
Job Zufriedenheit steigt	Fortney	2013
Erhöhter Fokus	Reb	2013
Ethisches Entscheiden	Shapiro	2010
Bessere Mitarbeiterbindung	Dane	2014

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MINDFULNESS FÜR SIE PERSÖNLICH

Benefit	Researcher(s)	Year
Besserer Schlaf	Black	2015
Sich glücklicher fühlen	Hanson	2009
Erhöhte Aufmerksamkeit	Zeidan	2010
Mehr graue Hirnsubstanz	Pagnoni	2007
Besseres Immunsystem	Jacobs	2011
Weniger Stress	Gregoire	2015
Mehr Emotionale Intelligenz	Schutte	2011
Herzratenvariabilität	Wolever	2012
Bessere mentale Fitness	Pagnoni	2007
Langsamere Zellalterung	Epel	2009
Gleicht Blutdruck aus	Rosenweig	2007

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DIE NACHTEILE VON MULTI-TASKING

SENKT DIE LEISTUNGSFÄHIGKEIT
Durch "Wechselkosten"

SCHWÄCHT PRIORITÄTEN
Durch den Verlust des Überblicks

MINDERT DIE QUALITÄT
Durch größere Fehlerzahl

SCHRUMPFT IHR GEHIRN
Weniger graue Zellen




BEHINDERT KREATIVITÄT
Durch einen überfüllten Geist

ZEHRT ENERGIE
Durch das Wechseln

SENKT DAS WOHLBEFINDEN
Durch erhöhten Stress


SENKT NACHHALTIG IHR LEISTUNGSVERMÖGEN
Wird zum Standard-Arbeits-Modus

Stanford University; "Cognitive control in media multitaskers", Eyal Ophir Et. Al. – Institute of Cognitive Neuroscience, University College London, Kep Kee Loh Et. Al. Higher Media Multi-Tasking Activity Is Associated with Smaller Gray-Matter Density in the Anterior Cingulate Cortex




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MENTALE LEISTUNGSFÄHIGKEIT

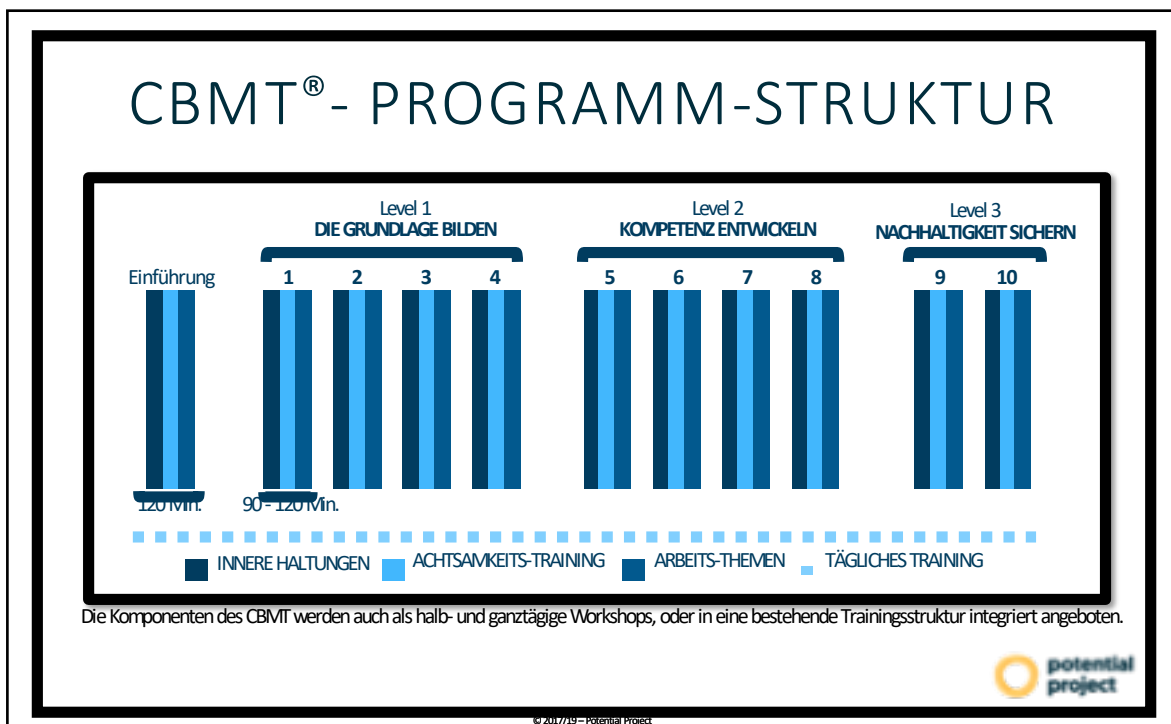
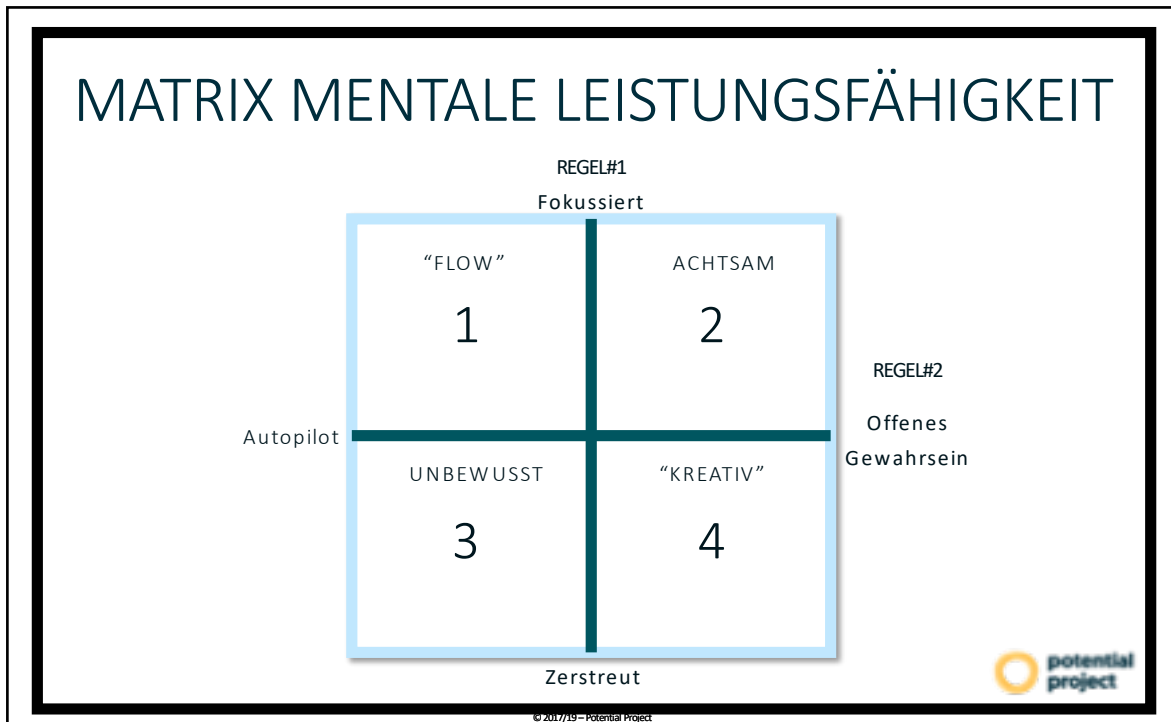


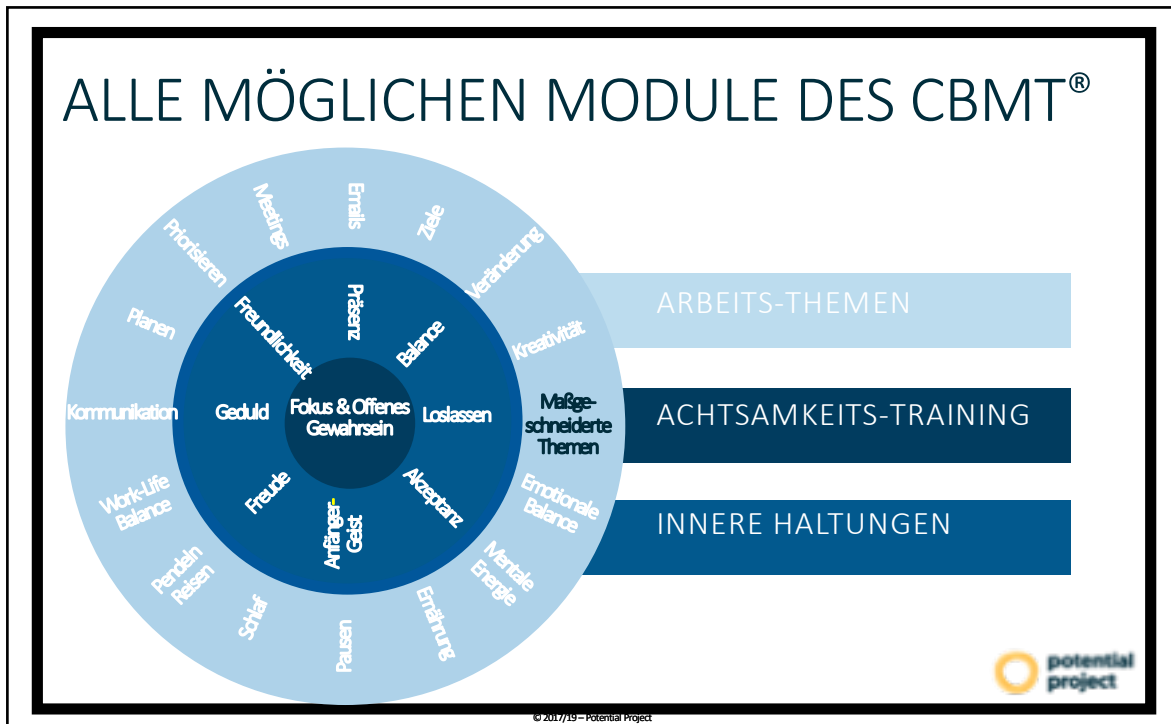
Regel 1:
Bleiben Sie bei der Sache,
für die Sie sich entschieden
haben.

Regel 2:
Entscheiden Sie bewusst,
welcher Ablenkung Sie
nachgeben.



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UNTERSTÜTZUNG DURCH DAS BUCH

Komplettes Trainingsprogramm

Bewährter Trainingsansatz um Leistung, Kreativität und Wohlbefinden bei der Arbeit zu steigern sowie das Miteinander im Berufsalltag zu fördern.

Ab Herbst 2018 in deutscher Sprache verfügbar

THE MIND OF THE LEADER BOOK.COM

The Mind of the Leader has captured the essentials of leadership in the 21st century; Being mindful, selfless and compassionate. With these, we are better able to engage our people and bring more value to our clients”.

Dominic Barton, Global Managing Director, McKinsey & Company

The Mind of the Leader is a forward and practical guide for companies wanting to evolve their leadership capabilities to engage both the minds and hearts of today’s workforce.”

Kathleen Hogan, chief people officer, Microsoft

As *The Mind of the Leader* demonstrates, creating the context for others to find meaning, purpose and a sense of connectedness is becoming the hallmarks of a productive and engaged organization.

Patricia Wallace, Director, Leadership, Talent & Organization Development Disney University

With a foreword by Arne Sorenson, CEO Marriott

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ATTENTION FOR BUSINESS SUCCESS

In an always-on, multitasking consultancy environment, attention is under siege. Attention to detail, attention to the client and attention on the task determines the success of consultants and staff. It is an attention economy.

Since 2014 Accenture and Potential Project has partnered to develop the Accenture Mindful Performance (AMP) program to bring business performance and wellbeing to consultants, leaders and support staff. The program has been delivered internationally in North America, Europe and APAC in highly flexible and scalable ways including online delivery for up to 9 countries simultaneously, face to face in Accenture offices as well as 1:1 coaching.

Focus
21%

Prioritization
20%

Collaboration
21%

WL Balance
30%

Stress
25%

Multitasking
27%

100%
Recommended program

Results are aggregates from 9 programs during 2014-17

“The training gives a clear effect. It has taken me from being aware that e.g. “multitasking is not so good” to actually decrease the habits significantly. I feel much more aware of what I am doing – and it is much easier to assess and understand other peoples’ behavior, and why they take decisions the way they do”.

Christoffer Eliasson, Strategy Consultant, Accenture

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