

Share in the chat:



**What do you hope
you learn during
this session?**



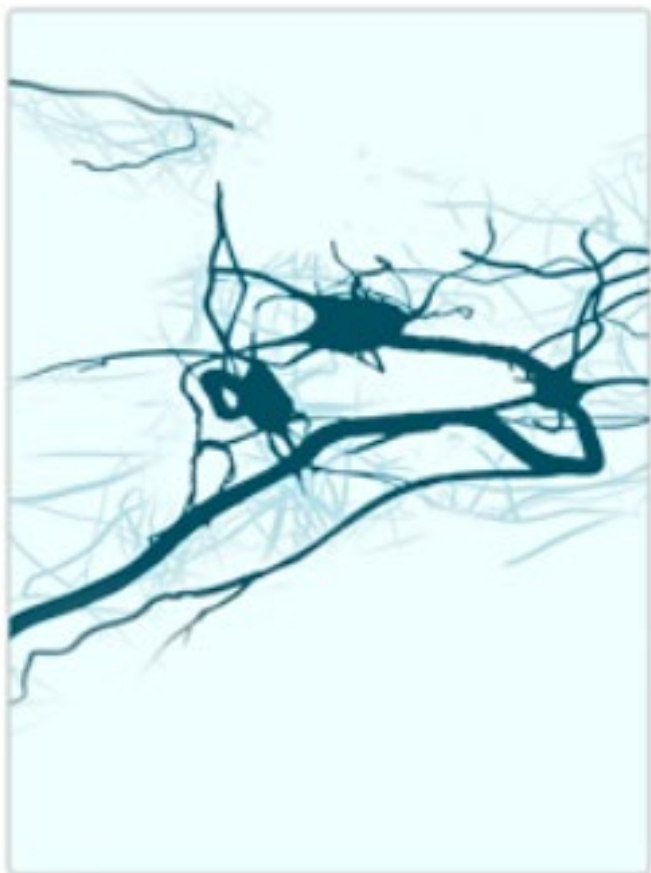


Misconceptions

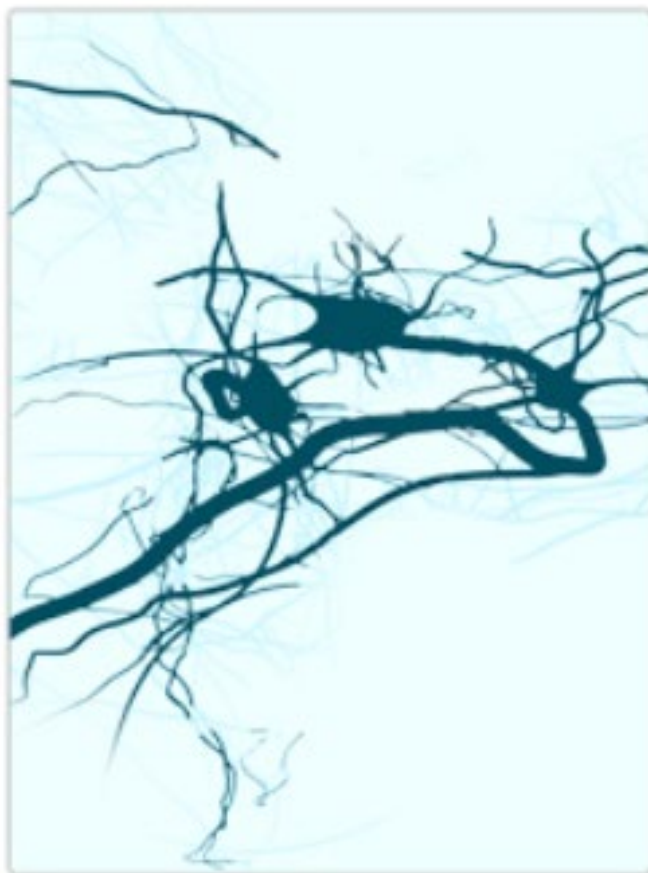
1. Mindfulness is religious.
2. Mindfulness is sitting & doing nothing.
3. Mindfulness is having no thoughts.

A woman with long, light brown hair is sitting at a desk in a bright room. She is looking out of a large window to her right, with her hand resting on her chin in a thoughtful pose. A laptop is open in front of her, and she is holding a pencil in her left hand. The room has large windows with white frames, and the lighting is soft and natural.

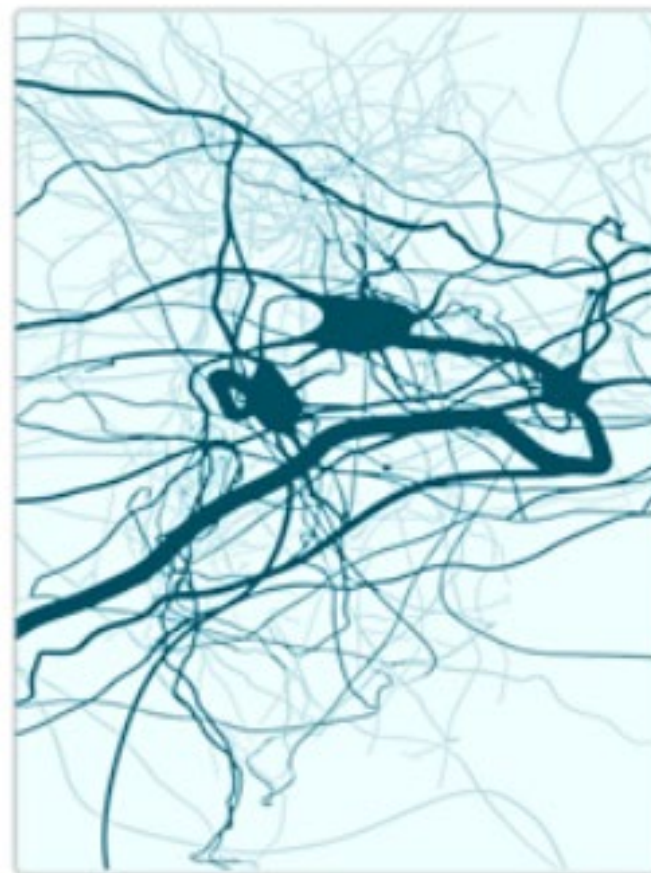
Paying attention, on purpose, to the
present moment, non-judgmentally.



Neural networks **before**
training



Neural networks **2 weeks** after
stimulation



Neural networks **2 months**
after stimulation

A woman with shoulder-length brown hair is sitting at a desk, looking out a window with a thoughtful expression. Her hand is resting on her chin. A laptop is open in front of her, and she holds a pencil in her other hand. The scene is brightly lit by natural light from the window.

Training for the brain.

Dampens activity in the amygdala

Increases resilience in handling stress

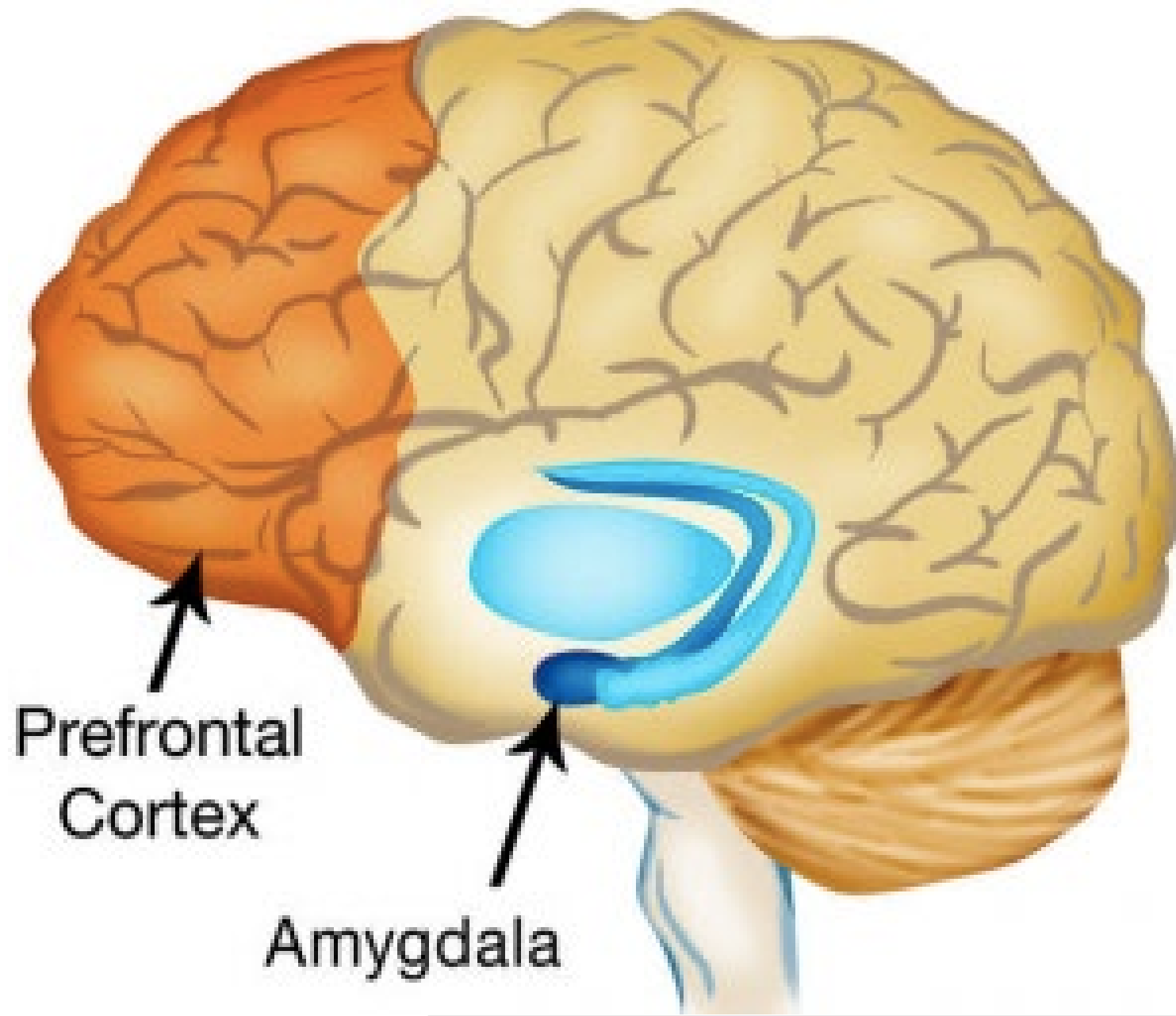
Sustains focus, inhibitory control

Enhances ability to handle complex situations

Decreases neural activity related to rumination

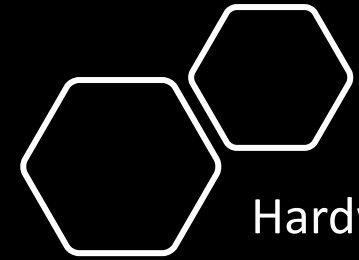
**AMERICAN
PSYCHOLOGICAL
ASSOCIATION**





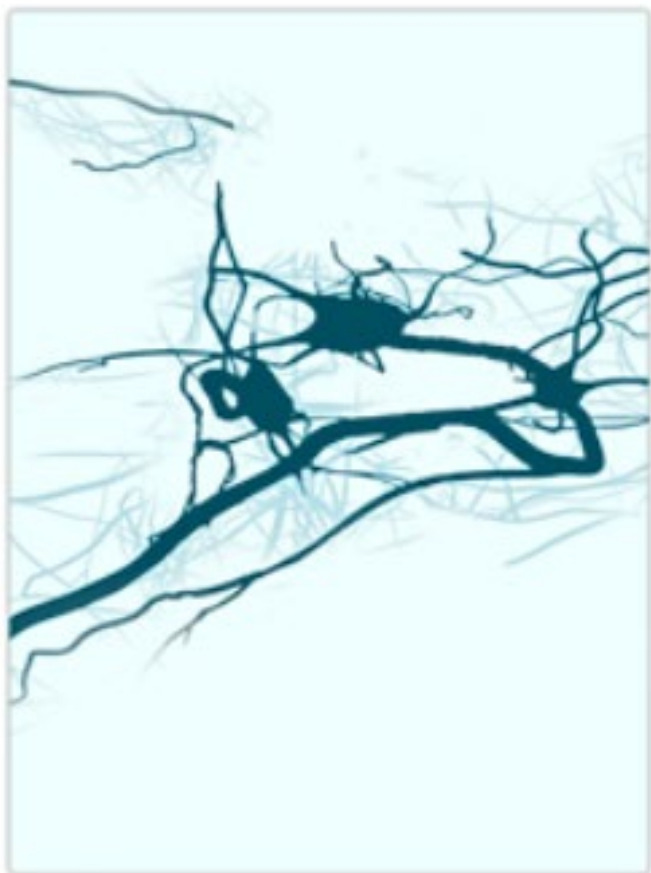
Prefrontal
Cortex

Amygdala

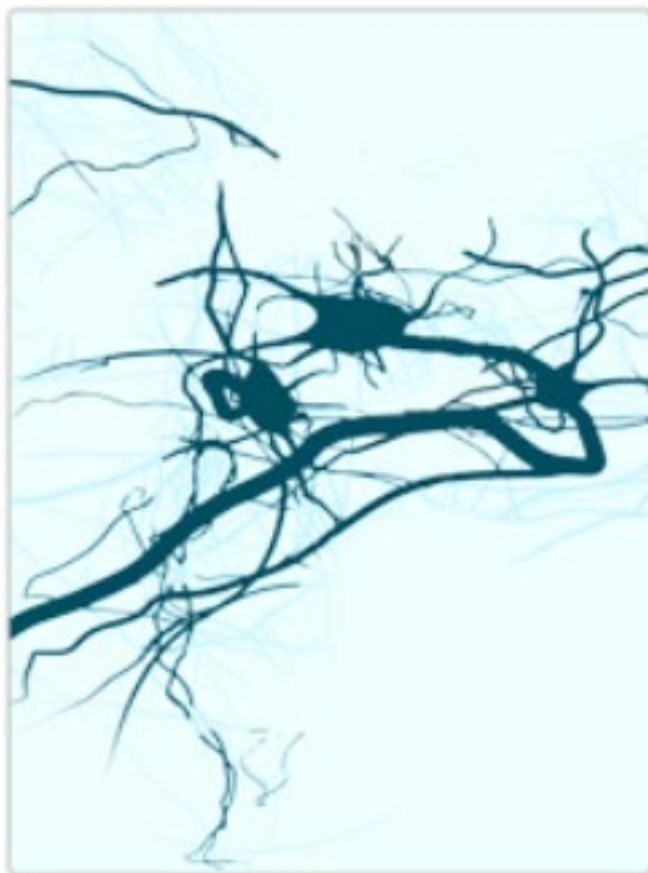


Hardwired for
prehistoric life

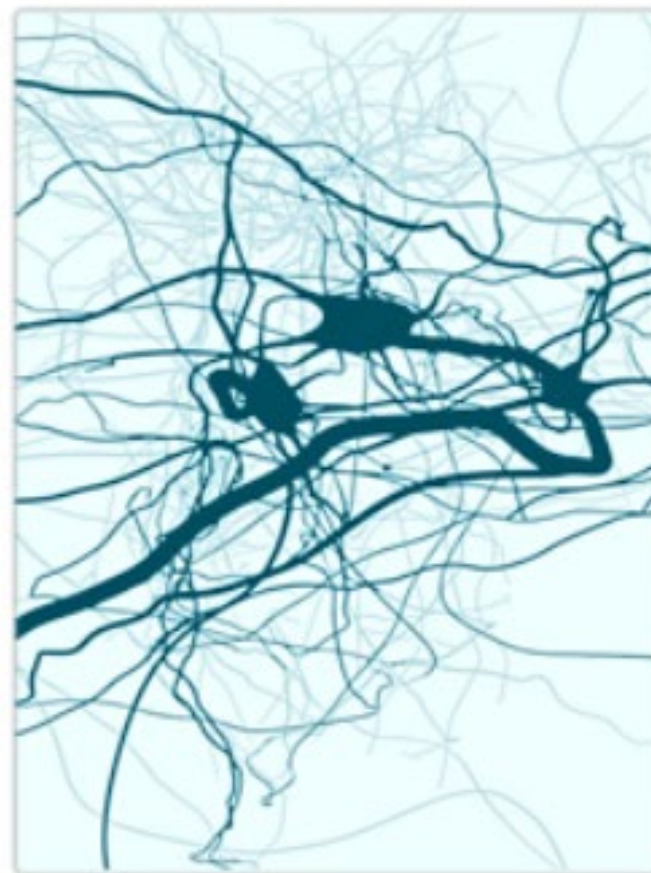




Neural networks **before**
training



Neural networks **2 weeks** after
stimulation



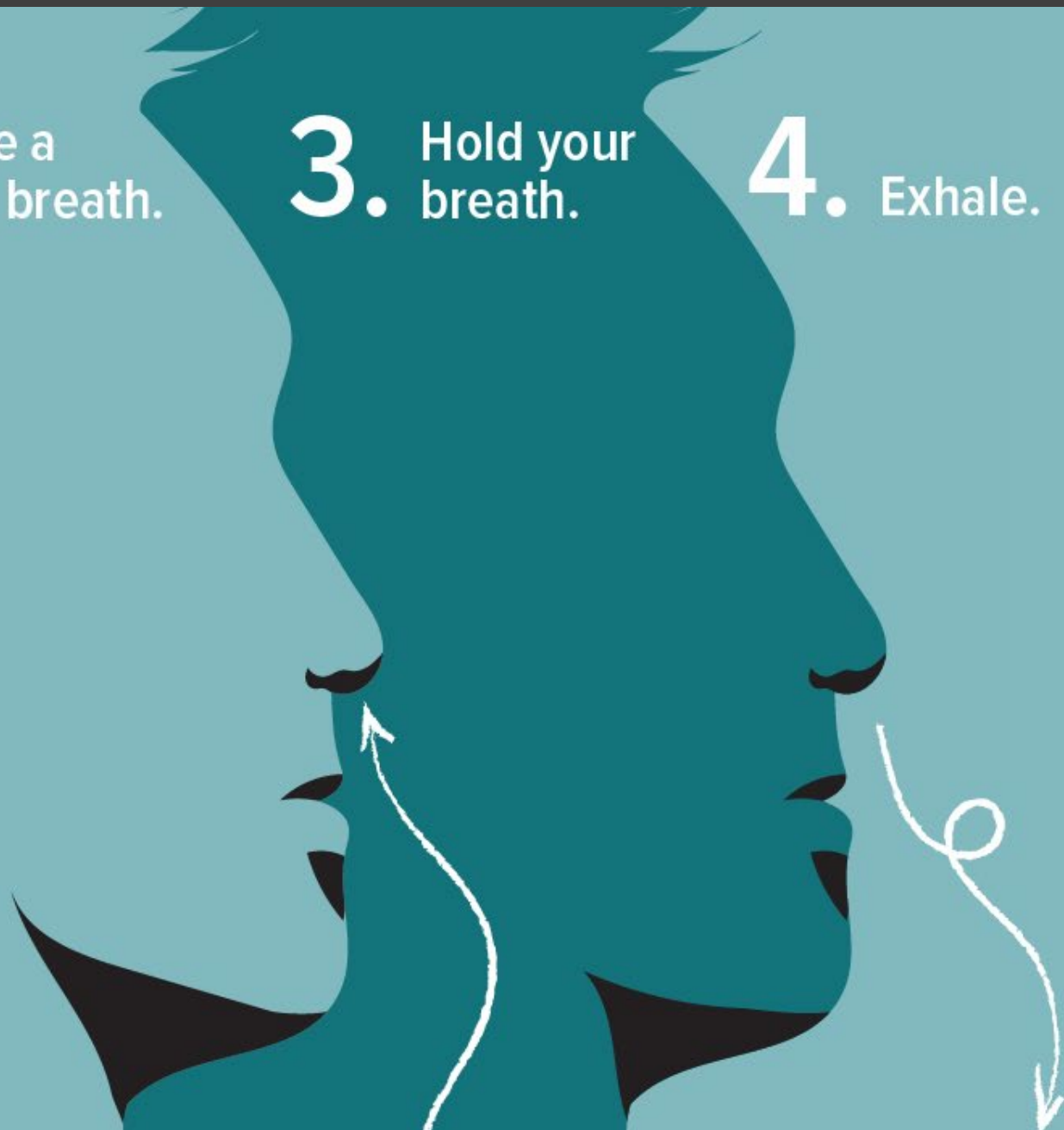
Neural networks **2 months**
after stimulation

1. Sit or stand
with your elbows
slightly back.

2. Inhale a
deep breath.

3. Hold your
breath.

4. Exhale.



1. Inhale,
one, two.

2. Purse
your lips.

3. Breathe
out slowly.



00:22:06



Leave

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Transcript



CG

I'd like to introduce Babak Shammas, joining us from the Kuala Lumpur office. Welcome Babak!



Jazmine Simmons 11:23 AM
Welcome to the team, Babak!

MB

Marie Beaudouin 11:23 AM
Great to meet you. Really looking forward to working with you.



Babak Shammas 11:23 AM
Thanks for the intro, Charlotte. It's a pleasure to meet you all today.

MB

Marie Beaudouin 11:23 AM
So what did you all think of today's kickoff meeting for the new building project?

LG

Lilly Georgsen 11:23 AM
It's very exciting. I've already been thinking about some ways the buildings can be designed.



Daniela Mandera 11:23 AM
We're off to a great start. Let's keep the momentum going.



Babak Shammas 11:23 AM
I'm going to follow up after this meeting with



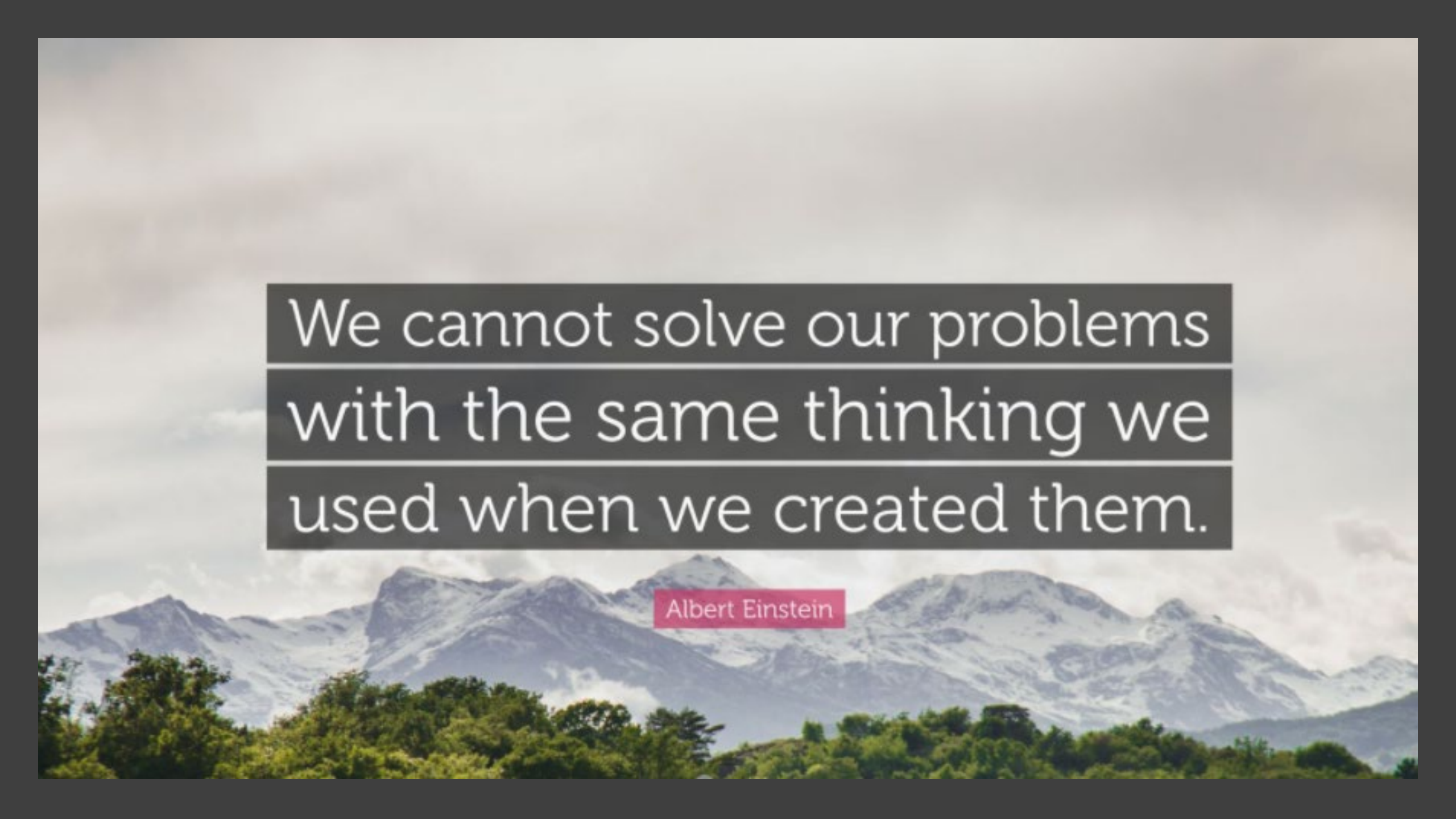
Serena Davis



Aadi Kapoor



Charlotte de Crum



We cannot solve our problems
with the same thinking we
used when we created them.

Albert Einstein