

**GSQC LEADERSHIP CONFERENCE  
MANAGING CHAOS THROUGH FOCUS AND ACTION  
JUNE 22, 2018**

**Mindfulness: The Power of Attention  
Annabel Beerel, PhD**

- Opening video clips
- Introductory exercise in attention – audience participation
- The Principles of Mindfulness
- How Mindfulness directs attention
- Mindful attention as opposed to any old attention
- The enormous power of attention
- How leadership is all about paying attention – to the right things in the right way
- The price of inattention ( all links to the other presentations!)
- The huge attention gobblers!
- Harnessing and training our powers of attention
- Step One – Breathe!

**ACB  
May 22, 2018**