

Business Leaders Excel with Mindfulness

The Demands of Leadership

Organizational leaders are under more stress than ever. In today's business climate, the responsibilities of and expectations for leaders seem to demand almost superhuman efforts and abilities. A typical leader has to juggle these stress-inducing demands:

- Interacting with many different types of people
- Making major decisions that impact the organization
- Maximizing profits
- Delegating
- Being responsible for the organization's performance;
- Communicating an aligned vision throughout
- Motivating others to maximum levels of productivity
- And much, much more...

Leaders Coping Mindfully

A growing number of leaders have turned to meditation to reduce their stress levels and to navigate their daily challenges more effectively. Those on the forefront of best business practices have discovered that mindfulness practice boosts their leadership performance dramatically. And these leaders typically go on to offer mindfulness training to their workforce, resulting in significant improvements in productivity and workplace satisfaction.

The following are just a few of the leaders who have touted the powerful benefits they experience from meditation:

- Steve Jobs, Former CEO of *Apple Inc.*
- Marc Benioff, CEO of *Salesforce.com, Inc.*
- Rick Rubin, President of *Columbia Records*
- Arianna Huffington, President and Editor-in-Chief of *The Huffington Post Media Group*
- Mark Bertolini, CEO of *Aetna, Inc.*
- Nancy Slomowitz, CEO of *Executive Management Associates, Inc.*
- Jeff Weiner, CEO of *LinkedIn Corporation*
- John Mackey, CEO of *Whole Foods Market*
- Evan Williams, Co-Founder of *Twitter Inc.*
- Soledad O'Brien, Broadcast Journalist and Chairman of *Starfish Media Group*
- Bill George, former Chairman and CEO of *Medtronic*
- William H. Gross, Co-Founder of *Pacific Investment Management*

What Leaders Say about Mindfulness Meditation

- **Nancy Slomowitz**, CEO of *Executive Management Associates*, helped to lower her company's health care costs by offering employees classes in Mindfulness Meditation. Slomowitz noted:
"The workplace environment soon grew from toxic to harmonious among other positive changes. And surprisingly, the company's cost of healthcare insurance actually went down due to a reduction in sick claims."
- **Steve Jobs**, former CEO of *Apple Inc*, was noted in his biography to have said that his daily meditation practice taught him to concentrate and ignore distractions. It also helped him learn to trust his intuition and curiosity—over analysis and preconceptions.
- **Arianna Huffington**, President & Editor-in-Chief, *The Huffington Post Media Group*, wrote that mindfulness benefits not only individual health but also the corporate bottom line:
"Stress-reduction and mindfulness don't just make us happier and healthier, they're a proven competitive advantage for any business that wants one."
- **Evan Williams**, Co-Founder of *Twitter Inc.*, stated that he came back to mindfulness meditation after launching Twitter as a way to sustain higher performance—both his own and that of his employees.
- **Soledad O'Brien**, Broadcast Journalist and Chairman of *Starfish Media Group*:
"I take the time to focus and meditate and it allows me to experience a state of deep rest and relaxation that can be game-changing and sometimes a life saver in a crazy world. It helps alleviate stress and pressure when you're trying to balance life and being a mother".
- **Padmasree Warrior**, CTO of *Cisco Systems*, who oversaw 22,000 employees, told the *New York Times* in 2012 that taking time to meditate and unplug helped her to manage it all.
"It's almost like a reboot for your brain and your soul. It makes me so much calmer."
- **Tony Schwartz**, Founder and CEO of *The Energy Project*, says that meditating has freed him from migraines and helped him develop patience. He also advocates mindfulness as a way to improve work performance.



The Mindfulness Remedy

Are you ready to maximize your productivity?

Reduce stress?

Realize your full potential?

Contact Ronya Banks to get started!

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<http://mindfulnessremedy.com>

Testimonials for Ronya Banks

“Dear Ronya, Thank you so much for coming to Care Partners to teach us Mindfulness Meditation techniques. Your instruction, knowledge of, and experience with meditation was refreshing and very helpful to all of us. We are really looking forward to having you come back and teach us some more in the future!”

—Danny Johnson, *Care Partners Hospice Coordinator*

“As one who rarely meditated formally, I finally "got" the true meaning of Mindfulness Meditation and the extraordinary experience of its practice, when lead by Ronya Banks. Rather than achieve life goals with aggressive pushing or artificial stimulants, I learned to realize my aspirations through more focus, strength, and conscious, caring communication. I feel validated and joyful in Ronya's presence, the mark of a true teacher.”

—Jane Q. Stanchich, *Great Life Global*

“I feel very fortunate for having taken Ronya Banks' Mindfulness Class series - it was an especially helpful and timely class that helped me better deal with other present life and work challenges.”

—C. Tipton

“I am incredibly thankful to have been exposed to such deep wisdom through Ronya's Mindfulness teachings during two different class series.”

—Scot Walker, *Project Manager, Mission Health*

“I have attended two Mindfulness workshops with Ronya Banks. Both workshops gave me a lot of helpful insights and experiences. Ronya skillfully weaves together ancient eastern mindfulness philosophies and real-life applications to help participants transform challenging life issues, and troublesome habitual patterns. With her presence, authenticity, clarity and



The Mindfulness Remedy

humor, Ronya creates an atmosphere of safety, lightness and joy, which makes her—for me—an excellent teacher.”

—Barbara N-K

“Ronya Banks (of The Mindfulness Remedy) offers a wonderful basic meditation course. I am very glad I took it, and I feel a firmer rooting in my life.”

—Sherry Schweizer