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If the doors of perception were cleansed, everything would appear to man as it is, infinite. --William Blake

The Power of the Mindful Minute at Work: One Company's Brave Exp

Investing and finance aren't exactly fields synonymous with mindfulness and kindness, but some companies are starting to change that. During his annual review at an investment firm, Birju Pandya's boss looked at him and said, "You've done well. What do you want?" Pandya, now a senior advisor at RSF, calls it "the 'Godfather offer'" of the investment bank world. His mind teetered on the verge of a typical answer and then he took a totally different tack, "I'd like to start every team meeting we have with a minute of silence," he said. There was a long pause, then came the definitive answer, "No," his boss said. But the next morning, perhaps after reflecting on all that his employee could have asked for instead, he softened and agreed to the unconventional request. An intriguing first step, but even he couldn't have anticipated what would unfold from there over the next few years. In this brief video, Pandya shares the compelling domino effect of the collective mindful minute at work.

Be The Change:

How can you or your employer implement mindfulness into a standard workday? Bring your suggestions to the table for your next team meeting or review. For inspiration check out 6 Mindfulness Practices for Leaders.