

# Mindfulness @ Xero

## How does it help?

- Practical techniques to better manage stress
- Enhanced communication outcomes
- Improved levels of attention and focus
- Greater levels of problem solving
- Increased sense of connection, meaning and purpose
- Higher levels of personal resilience
- Increased self awareness and awareness of others

## How to be successful

- Foster a culture of Mindfulness to encourage commitment from employees, particularly in a fast paced environment
- Change the perception of Mindfulness - it can be practiced anywhere and for short spaces of time on the go
- Provide ongoing access to Mindfulness resources and learning and evolve ways to keep employees engaged
- Integrate Mindfulness into a broader Wellbeing Program
- Bring it to life via employees who are already using mindfulness practices

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## HOW YOU CAN PRACTICE MINDFULNESS EVERYDAY



Pause and reflect  
before sending  
an email



Take a few breaths  
before an important  
meeting



Respond rather  
than react to  
stressful situations



Focus on one  
task at a time



Take time out  
for yourself to  
enjoy the moment



Sit quietly, pay  
attention to your  
breathing for 60  
seconds