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## OPEN CHANNEL CULTURE NEWSLETTER

Open the Channels...



### Leadership for the Emerging Future

Welcome to Open Channel Culture!

#### THRIVING IN TO THE FUTURE

Adaptive organizations preparing to thrive into the future embrace change---continually looking for more opportunities for change.

The skills, habits and practices needed to do this are centered around mindfulness; "Focusing awareness on the present moment, while calmly acknowledging and accepting feelings, thoughts, and physical sensations, without judgement."

- **Mindful Breathing:** Intentional breathing several times throughout the day, and pausing to allow others to do the same.
- **"Friendly Silence":** Pausing and focusing on the sounds around and inside oneself.
- **Mindful Listening:** Multi-leveled practice to fully receiving what is being communicated. Once learned communication can become truly collaborative and regenerative,
- **Mindful Movement:** Intentionally moving one's body throughout the day to allow the mind to fully process thoughts, emotions, and imagination.
- **Mindful Appreciation:** The ability to feel and express gratitude in multiple dimensions.

Adaptive Leaders in regenerative organizations embed these practices generating good will within and without throughout the entire system.

If you want to know how to do this in your organization, we can help.

Contact us for a free consultation

Open the Channels.

[www.openchannelculture.com](http://www.openchannelculture.com)

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