



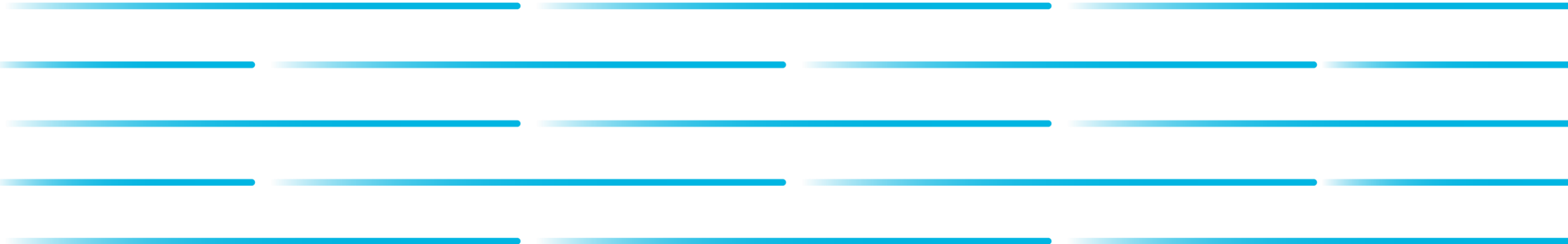
Creating a grass roots approach to mindfulness training at GE

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22 June, 2017





\$123B



125 years



~180

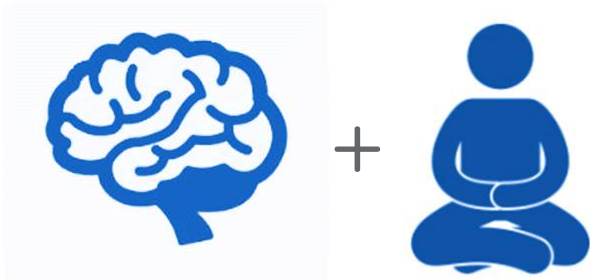


~300,000



Mindful Leadership Approach

1. Brain vs. Mind



2. Digital vs. In Person



3. Bottom up vs. Top Down



So What?



"It's part of my routine now. It starts my day off right not in typical "GE RUSH" to email, text, fire drills"



"Another great course in this series ... I can now spot when I'm drifting and get back on track. Also made me slow down and actually appreciate my surroundings even the commute to work. Amazing!"



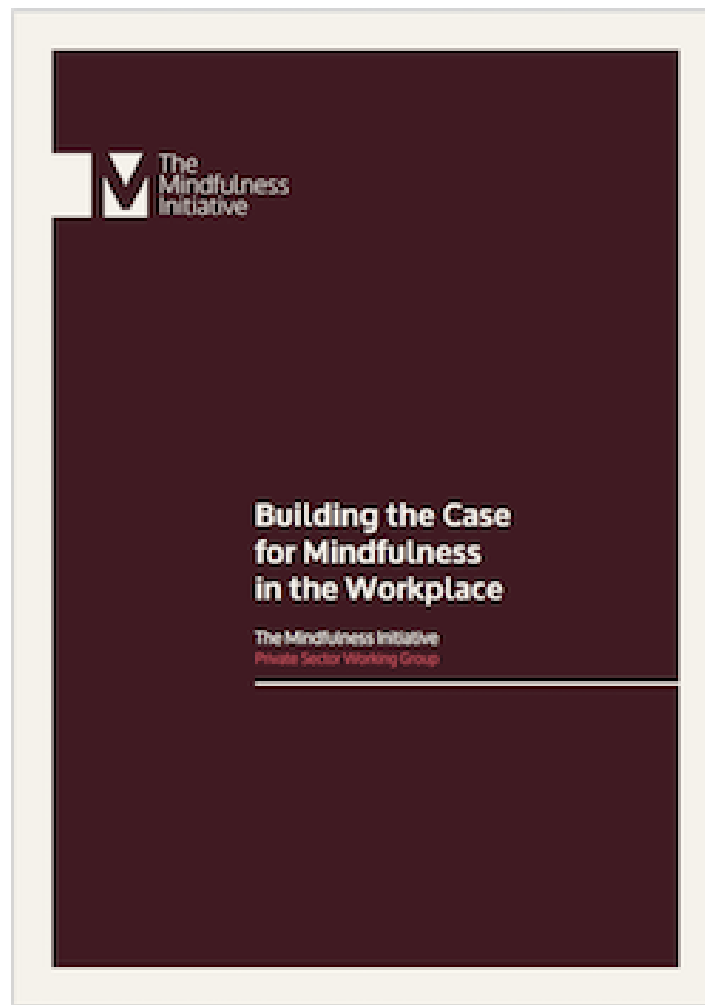
"I'm so glad you brought this topic up. I took a 'mindfulness & meditation' class three years ago and it has changed the way I view everything... And Yes, I do believe its the **next step in our evolution.**"



What Next?

- ? On demand brain/mindfulness content + facilitated live discussions
- ? Local on-site 'reflection' sessions delivered by local champions
- ? Live digital 6-8 week mindfulness classes
- ? Additional apps (resilience/sustainable energy management?)
- ? Integrate content into new/existing Crotonville leadership learning curricula
- ? Support faculty with brain-friendly/mindfulness materials
- ? Further develop digital mindfulness community (podcasts, videos, interviews ...)
- ? Remove remaining obstacles (stigma? budget restrictions?)





Mindfulness Initiative:

Building the Case for Mindfulness in the Workplace:

<http://www.themindfulnessinitiative.org.uk/publications/building-the-case>



Q?

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