



BEING ATTENTIVE

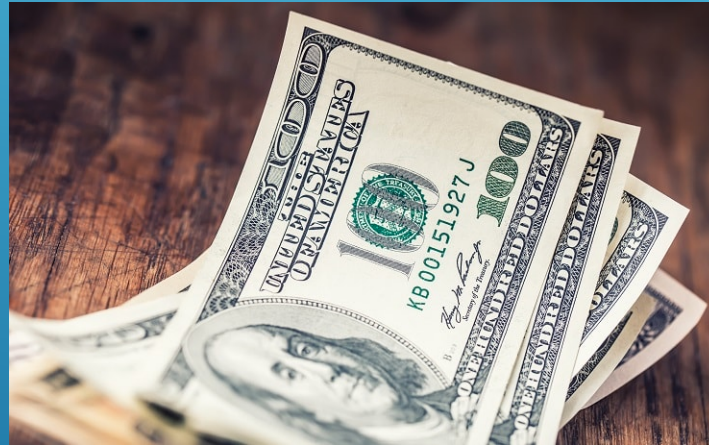
Discernment in Leadership Workshop,

Chiang Mai

April 2 – 8, 2018



Paying Attention





Not Paying Attention



- ▶ What things do you pay attention to?
- ▶ What things don't you pay attention to?
- ▶ What things take your attention that you would prefer not to have to attend to?

YOU



ATTENDING

Is about what we focus on

- ▶ We watch
- ▶ We listen
- ▶ We take notice



Judging = fixing



ATTENDING IS NOT JUDGING

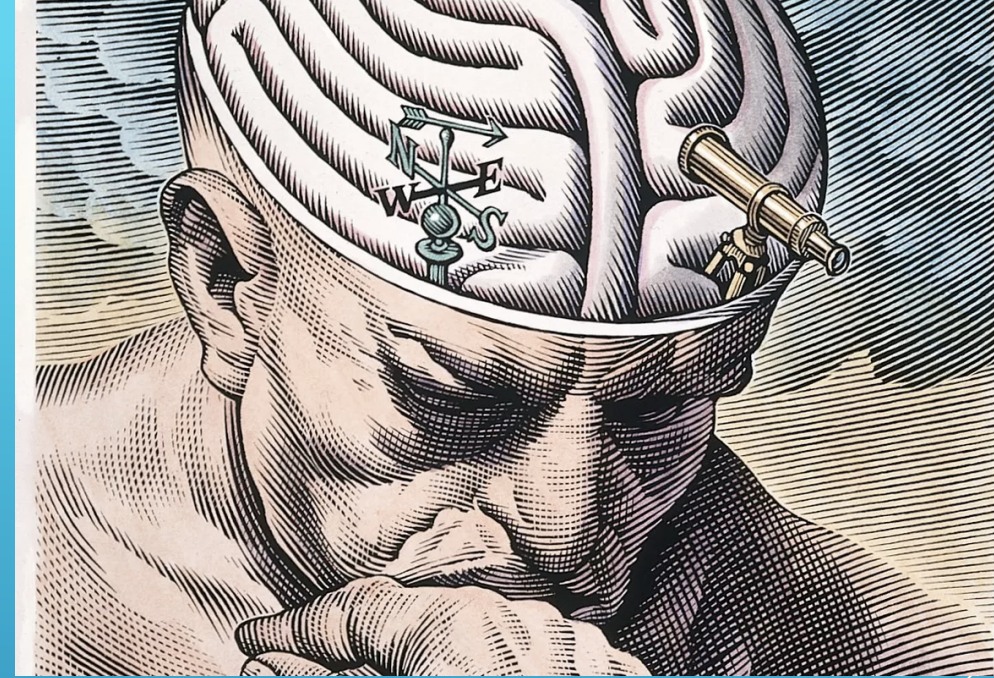


ATTENDING

- ▶ Is noticing and being present without trying to change something.
- ▶ Attending takes time.
- ▶ Attention is patient and kind.
- ▶ No burden.
- ▶ No criticism.

ATTENDING SHAPES THE BRAIN

What we pay attention to is literally what we build in our brain.



Neuroplasticity, or brain plasticity, refers to the brain's ability to CHANGE throughout life. The human brain has the amazing ability to reorganize itself by forming new connections between brain cells (neurons).

WHAT WOULD YOU LIKE TO PAY ATTENTION TO?



- ▶ Personally
- ▶ Professionally



CHAT

Three parallel white lines of varying lengths are positioned in the bottom right corner of the blue background, slanted diagonally upwards from left to right.

- ▶ Too little time
- ▶ Little flexibility – do it my way
- ▶ Information overload
- ▶ Functional Immediacy
- ▶ Instant gratification
- ▶ Productivity expectations
- ▶ Pluralism of Choice

WHAT STOPS US FROM BEING ATTENTIVE?



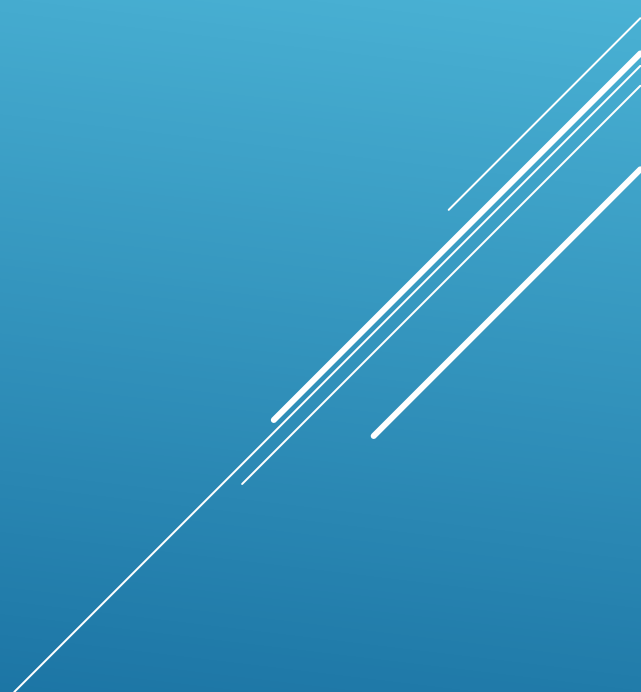


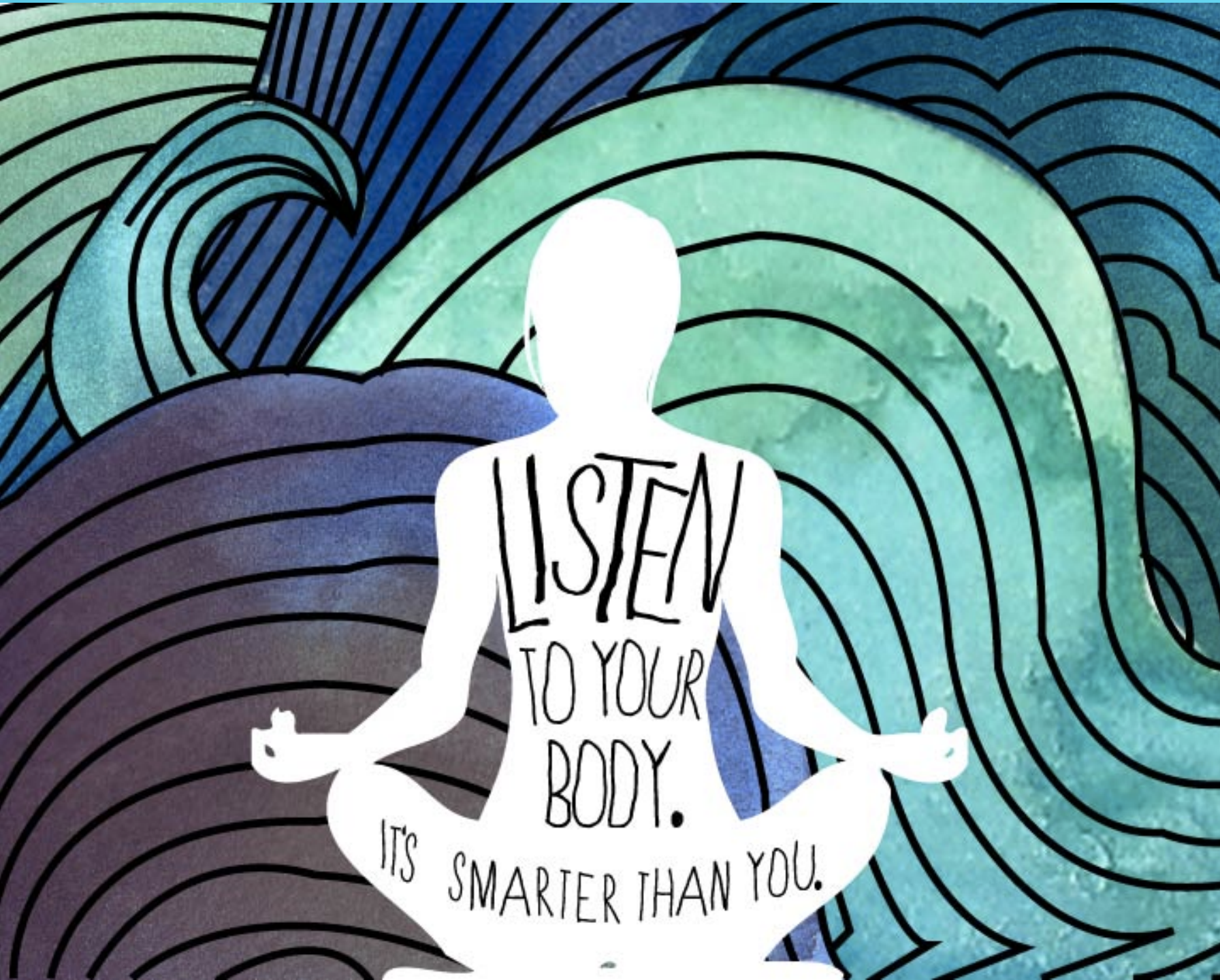
ATTENDING = MAGIS

HOW DO WE GET
BETTER AT ATTENDING?

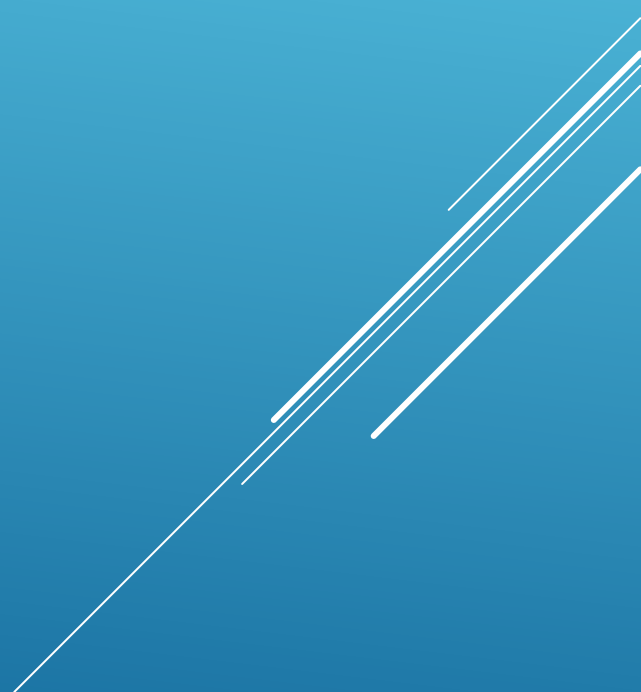


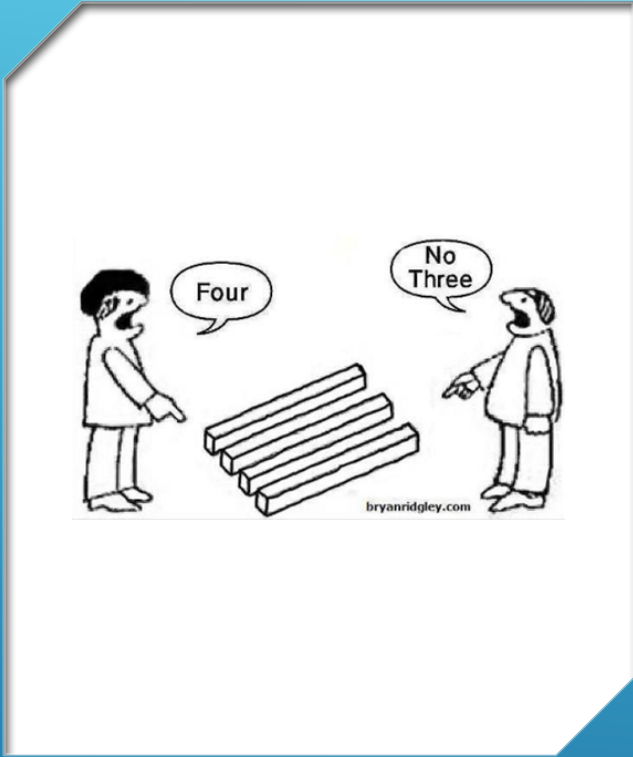
WAKE UP – ANTHONY DE MELLO



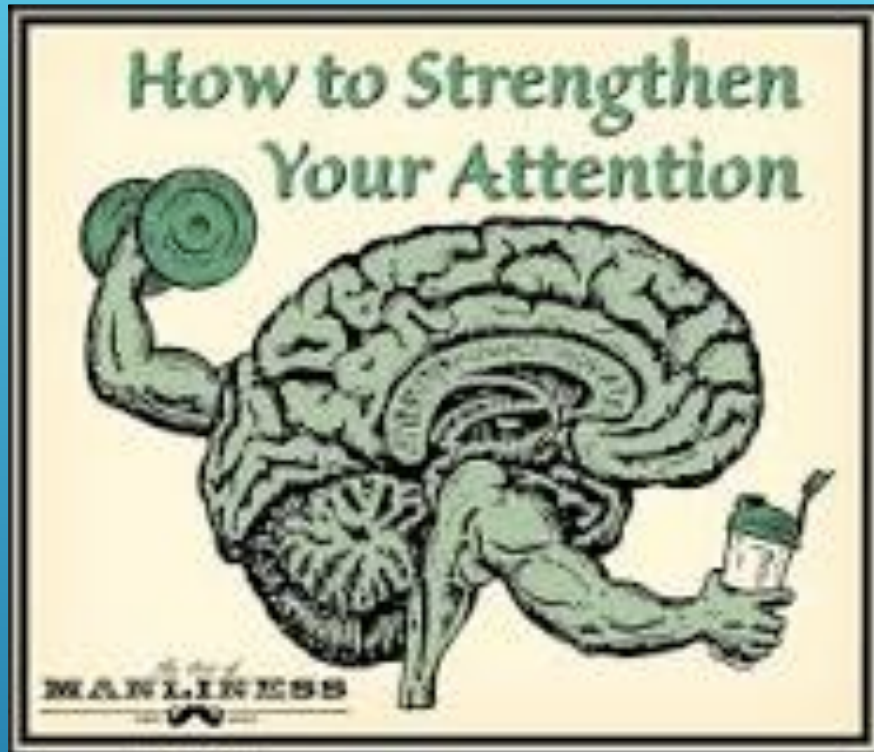


BODY
AWARENESS
EXERCISE





HOW DO I SEE MORE DEEPLY? SEE THINGS IN A DIFFERENT WAY?

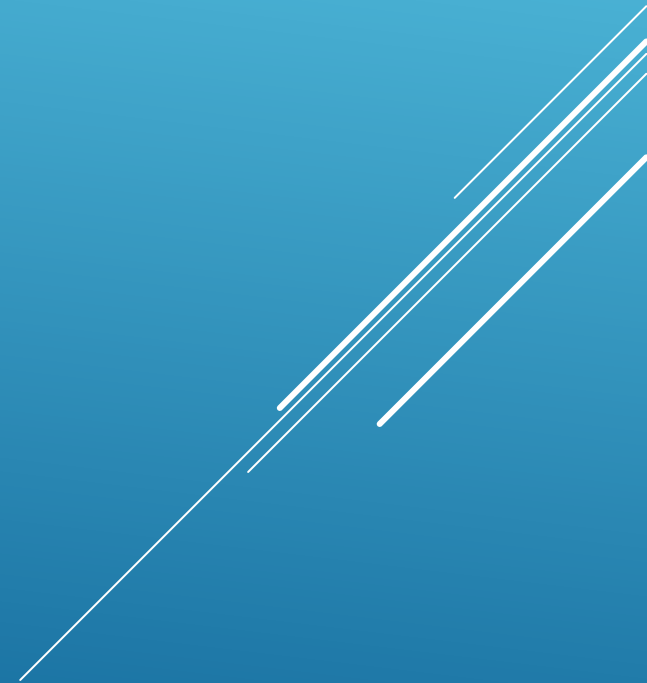


- Name it
- Do not judge
- Focus
- Be intentional
- Take Time
- Listen
- Journal

BEING ATTENTIVE SKILLS



TAKE TIME



NOTICE

THANK YOU
FOR NOTICING THIS
NEW NOTICE

YOUR NOTICING IT HAS BEEN NOTED
AND WILL BE REPORTED TO THE AUTHORITIES