

14 Ways Mindful Employees Show Up Differently

Manage workload and stress well	1	2	Adaptable to change Not rigid and stuck
Focused and present Highly productive	3	4	Able to prioritize tasks, goals and change appropriately
Manage time and Resources well	5	6	Able to account for one's own positive & negative contributions
Supportive not blaming. Compassionate to co-workers	7	8	Able to be honest, admit mistakes without taking things personal
Communicate peacefully and with confidence	9	10	Manage conflict with ease
Lead with clear communication	11	12	Place the greater good and company goals before personal agenda
Make decisions and solve problems with ease	13	14	Have a sense of gratitude and joy for what they do and have