

CHANGE MANAGEMENT . LEADERSHIP DEVELOPMENT . EMOTIONAL INTELLIGENCE

Mindful i Consulting LLC

(612)730-9762 . www.mindfuliconsulting.com . question@mindfuliconsulting.com

INTEREST ASSESSMENT

**HOW DO YOU CARE FOR YOURSELF SO YOU CAN
DO GREAT WORK IN YOUR ORGANIZATION?**

**WHAT CONCERNS, IF ANY, DO YOU HAVE ABOUT
THE WELLNESS OF YOUR WORKFORCE?**

**HOW DO YOU CHECK IN WITH YOURSELF FROM
TIME TO TIME AT WORK?**

**HOW DO YOU TAKE TIME TO REFLECT BACK ON
YOUR EXPERIENCES AT WORK?**

**DO YOU HAVE IDEAS FOR HOW TO BUILD OUR
OWN RESILIENCE AND INCREASE THE RESILIENCE
IN THE PEOPLE WE SERVE?**

**WHAT DESIRES OR NEEDS ARE THERE FOR
IMPROVING TEAM COMMUNICATION AND
COHESION?**

WHAT HAVE YOU HEARD ABOUT MINDFULNESS?

**DO YOU HAVE ANY INTEREST IN DEVELOPING
WAYS TO BRING MINDFULNESS INTO THE
ORGANIZATION?**

**ARE YOU INTERESTED IN LEARNING MORE ABOUT
THE NEUROSCIENCE OF MINDFULNESS THAT
SUPPORTS IT AS A POWERFUL WAY TO BUILD
PSYCHOLOGICAL HEALTH AND FLEXIBILITY?**

**DO YOU HAVE AN INTEREST IN SHARING
MINDFULNESS AND REFLECTIVE PRACTICES WITH
COLLEAGUES & THE PEOPLE WE SERVE?**



