



In collaboration with



## Guided Meditation: The Mindful Pause for Progress

"Welcome to this moment of Mindful Pausing and Reflection. Take a comfortable seat, with your spine gently upright, and your feet flat on the floor if possible... Allow your hands to rest gently in your lap."

"Now, if you feel comfortable, gently close your eyes, or soften your gaze downward..."

"Begin by bringing your full, soft attention to your **breath**... We are engaging the **Power of the Breath**, allowing it to be your anchor in this present moment."

"Notice the natural rhythm of your breathing... No need to change it, simply observe the subtle rise and fall of your chest or belly... With each inhale, recognise the shift from **Doing to Being**... You are letting go of the urgent need to act, and simply resting in awareness."

"Breathe in: *Presence*... Breathe out: *Letting go*..."

"Now, gently recall the concept of **The Power of Intention**... What is your deepest intention for this reflection? Is it for clarity? For self-compassion? For learning?"

"Silently state that intention to yourself, holding it gently at the front of your mind... This intention is your guide, ensuring this reflection is productive, not merely a worry session."

"Take a moment to fully accept where you are right now, letting go of any judgment about what you **should** have done or where you **should** be... simply accepting what **is**."

"We now turn our awareness toward **progress**... Without judgment, scan the past week or month of your work."

"Recall a recent challenge, a moment where you felt stress or a setback... Notice the situation, and then notice your response... Ask yourself: *How did I use my **Building Resilience** skills in that moment?*"

"Perhaps you paused before reacting... Perhaps you consciously sought support... Or perhaps you simply kept showing up... Acknowledge the effort, however imperfect it felt."

"Now, recall a moment of genuine success or learning... A moment where you saw your **Growth Mindset** in action... What specific insight did you gain? What piece of *data* did that experience give you for future action?"

"Shift your attention now to connection and collaboration... Recall a time you received or gave **The Gift of Peer Feedback**."

"How mindfully did you listen? Did you create space to truly hear the other person, free from the noise of planning your defense or counterpoint?... Gently notice your

openness to the feedback... If it was hard to receive, simply send yourself a kind, non-judgmental thought."

"Recognise that this awareness - the awareness of your own tendencies - is the foundation of your future growth and success."

"Now, bring all these awarenesses - your breath, your intention, your resilience, and your learning - together into one conscious breath."

"As you breathe in, affirm the progress you have made... You are not the person you were before this series."

"As you breathe out, set the final intention to **embody** this learning... to carry this mindful awareness with you into your next meeting, your next conversation, your next task."

"When you are ready, gently wiggle your fingers and toes... Allow yourself a moment to integrate this quiet reflection... And when you feel ready, slowly open your eyes, carrying this clarity and calm back into the rest of your day."