

*“Meditation, more than anything in my life, was the biggest ingredient of whatever success I’ve had.”*

*-Ray Dalio, the billionaire founder of Bridgewater Associates,  
the world’s largest hedge fund firm*

**Attention Training is what it’s all about in life and business today. The companies using these practices are seeing amazing growth and productivity while employees are happier and more content, with less turnover and sick leave.**

### **What’s the Difference Between Mindfulness, Meditation and Attention Training?**

#### **What is Mindfulness?**

Mindfulness means maintaining a moment-by-moment non-judgmental awareness of your thoughts, feelings, bodily sensations, and surrounding environment. There’s no right or wrong, no comparing to the past or imagining a future. There’s just what’s happening now.

#### **What is Meditation?**

It’s a state of profound, deep peace that occurs when the mind is calm and silent, yet completely alert. Consistent meditation leads to a state of “thoughtful awareness.” In this state, the stress-producing activity of the mind is neutralized without reducing alertness and effectiveness.

#### **What is Attention Training?**

The practice of learning to train your attention and not be constantly distracted. Meditation and mindfulness practices are ways we learn to train our attention.

#### **Research shows that when leaders and employees are more mindful we see:**

- Lower employee emotional exhaustion
- Better work-life balance for the employee
- Better overall job performance ratings of the employee
- More honest and direct communication between employees and supervisors
- Improved productivity due to reduced multi-tasking. (There’s ample research showing that multitasking leads to lower overall productivity. Students and workers who constantly and rapidly switch between tasks have less ability to filter out irrelevant information, and they make more mistakes).

**The big benefit of mindfulness is that it helps you resist all types of urges.** Research shows that an ability to resist urges will improve your relationships, increase your dependability, and raise your performance. If you can resist your urges, you can make better, more thoughtful decisions. *It’s probably the single most important skill for your happiness, growth and development.* Mindfulness and meditation will strengthen your willpower muscle. Your urges won’t disappear, but you’ll be better equipped to manage them. You are in control.

And because meditation helps regulate emotions, this in turn helps people get along. So, you’ll have less interpersonal issues both at home, and at work.

*“My meditation practice is directly responsible for my ability to concentrate and ignore distractions.”*

*-Steve Jobs, co-founder of Apple*