

# **MINDING YOUR SAFETY AND WELLBEING AT WORK: APPLIED INTERVENTIONS TO FOSTER EMPLOYEE MINDFULNESS**

**sentis**

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Chief Scientist**

# OUR TOPICS **TODAY**

WHY we believe mindfulness  
has value in the workplace

HOW we have tried to  
practically apply mindfulness at work

WHAT we are contemplating  
about workplace mindfulness today

# WHO IS SENTIS?

Sentis' mission is to change individuals' lives and organizations for the better, every day.



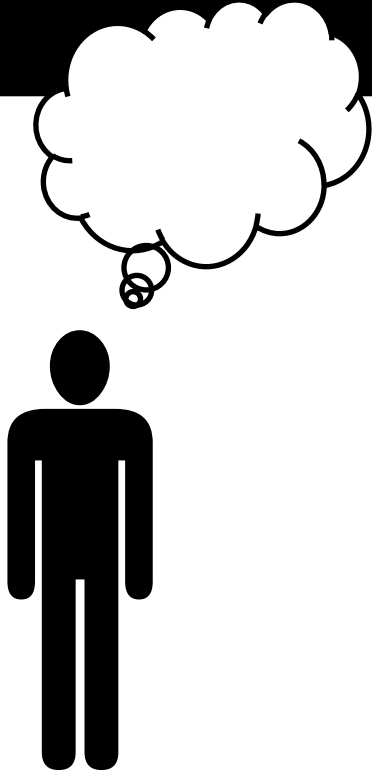
Sentis partners with clients to drive **significant** and **sustainable** improvements in **safety, wellbeing, and operational excellence**.

Our services are distinguished by our ability to create **safety citizenship**, increased **organizational resilience**, an **engaged workforce**, and **sustained behavior change**.

We use proven insights from **psychology** and **neuroscience** to deliver **practical, evidence-based interventions**.



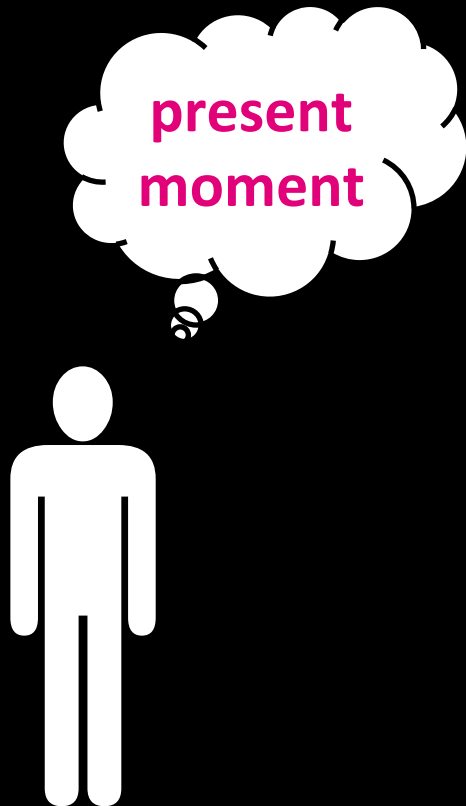
# MINDFULNESS DEFINED



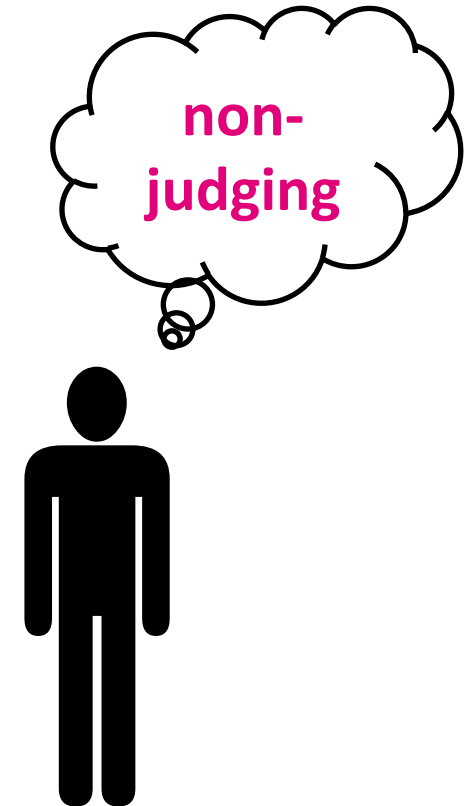
purposely paying attention to the entire experience of the present moment with an open, curious, and accepting attitude, while dismissing other thoughts and worries so that one is completely present in the current moment

# ATTENTION & ATTITUDE

## ATTENTION



## ATTITUDE



# MINDFULNESS WORKS

GENERAL HEALTH, INCLUDING SLEEP

AFFECT, STRESS,  
EMOTIONAL EXHAUSTION, BURNOUT

JOB SATISFACTION, WORK ENGAGEMENT

TASK PERFORMANCE, INCLUDING SAFETY

ORG CITIZENSHIP, INCLUDING SAFETY

# NOW WHAT



How can we best  
integrate mindfulness  
into our workplace interventions?



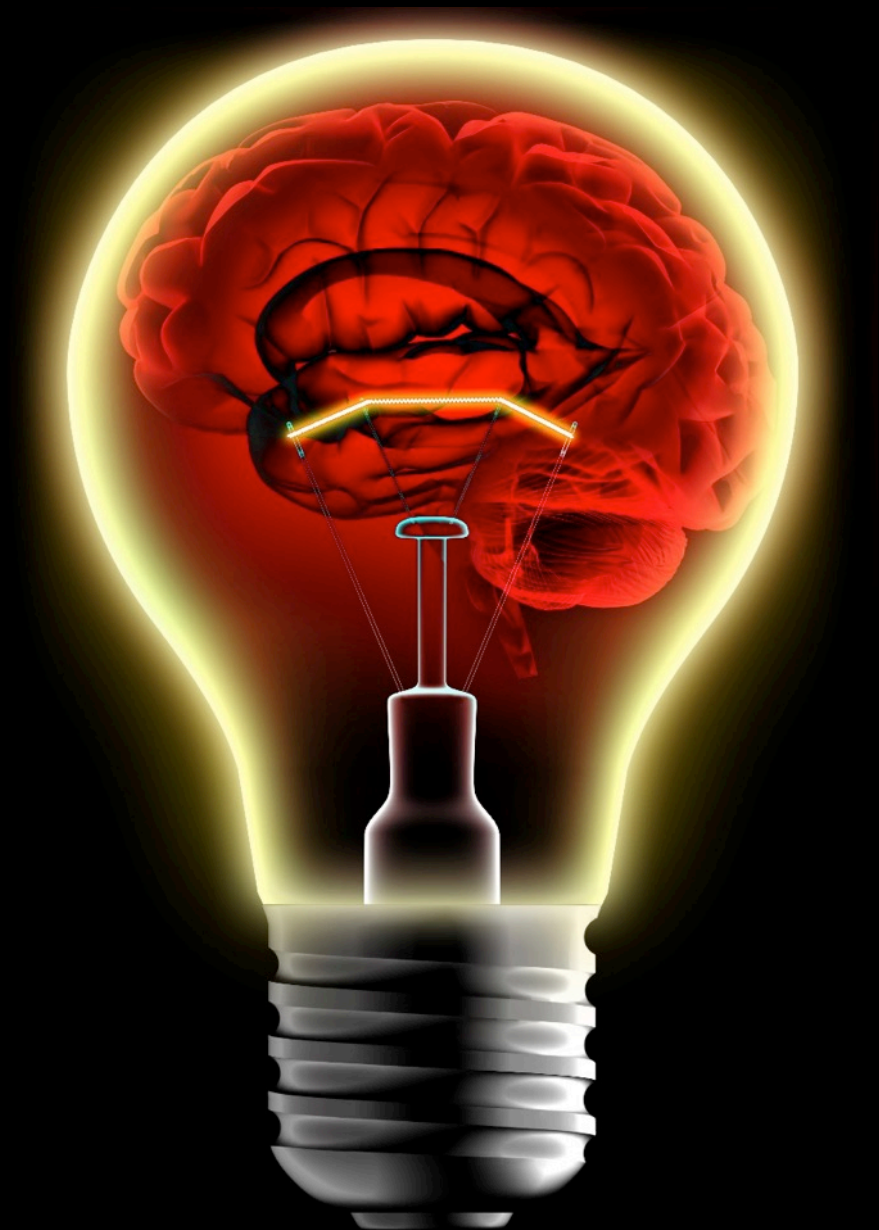


First  
a mindful individual

# MINDFULNESS HERE?



**sentis**









# A BRANDING BRAINBURST



What are some icons, analogies, or exercises that could be effectively used to introduce mindfulness?



Second  
a mindful team

# **OneMind INTERVENTION**

**EXAMINE THE FEASIBILITY AND IMPACT OF  
A FIELD-BASED MINDFULNESS  
INTERVENTION DELIVERED VIA THE PRE-  
START PROCESS**

 **SEVEN SHIFT INTERVENTION WITH A  
CONTROL GROUP**

 **DIARY STUDY WITH ONE PRE AND  
TWO POST SURVEYS**

 **EMPLOYEE AND SUPERVISOR INPUT**

**And let's test this with the toughest workforce  
we can find...**





I KNOW  
WHEN I  
SWITCH  
AT WORK  
ON

SWITCHING  
ON MY  
SENSES  
ON

WHAT'S  
CHANGED  
IN MY WORK  
AREA SINCE  
LAST SHIFT?

CONTEXT  
MATTERS  
100

DES THIS  
CAN I'M  
SAFE?

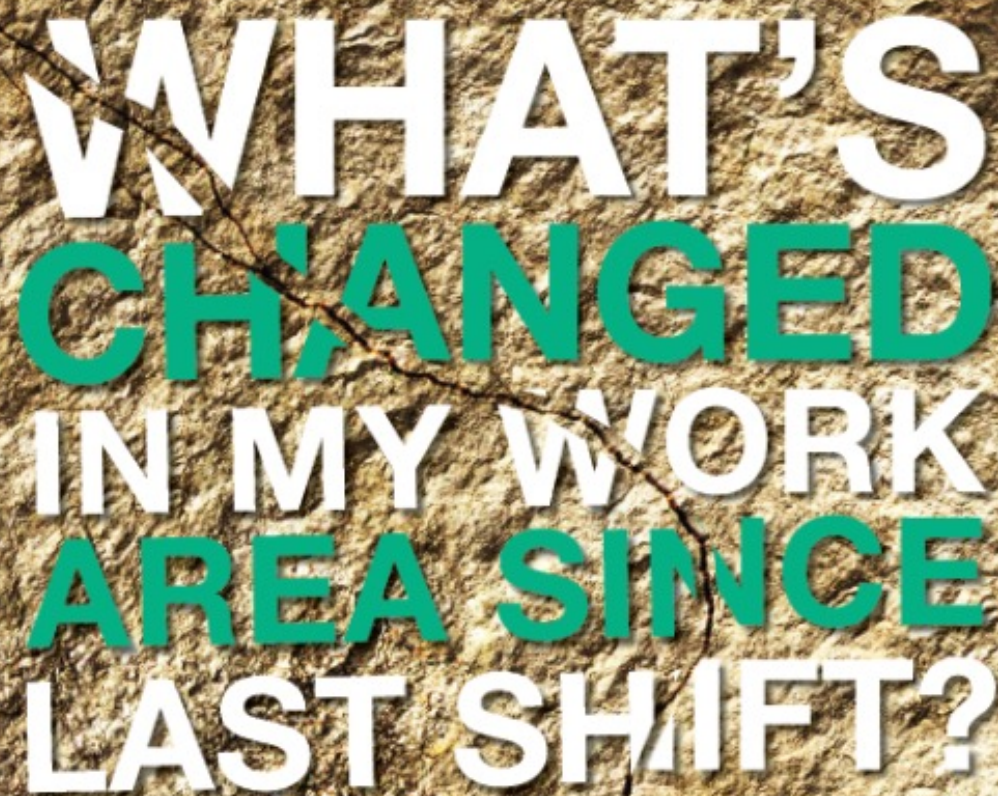
HOW WOULD  
SOMEONE ELSE  
SEE THIS?

HOW W  
sentsis  
OneMind

**I KNOW  
WHEN TO  
SWITCH ON  
AT WORK**

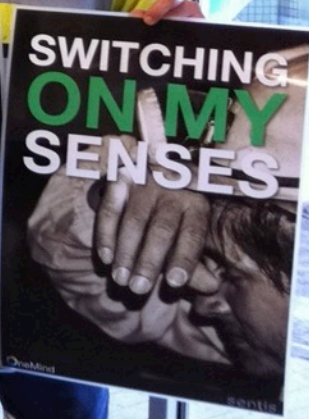
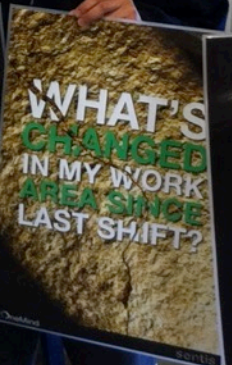
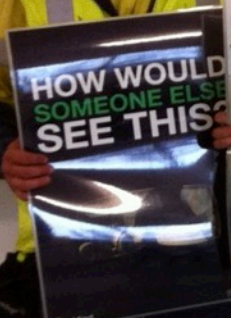






**WHAT'S  
CHANGED  
IN MY WORK  
AREA SINCE  
LAST SHIFT?**







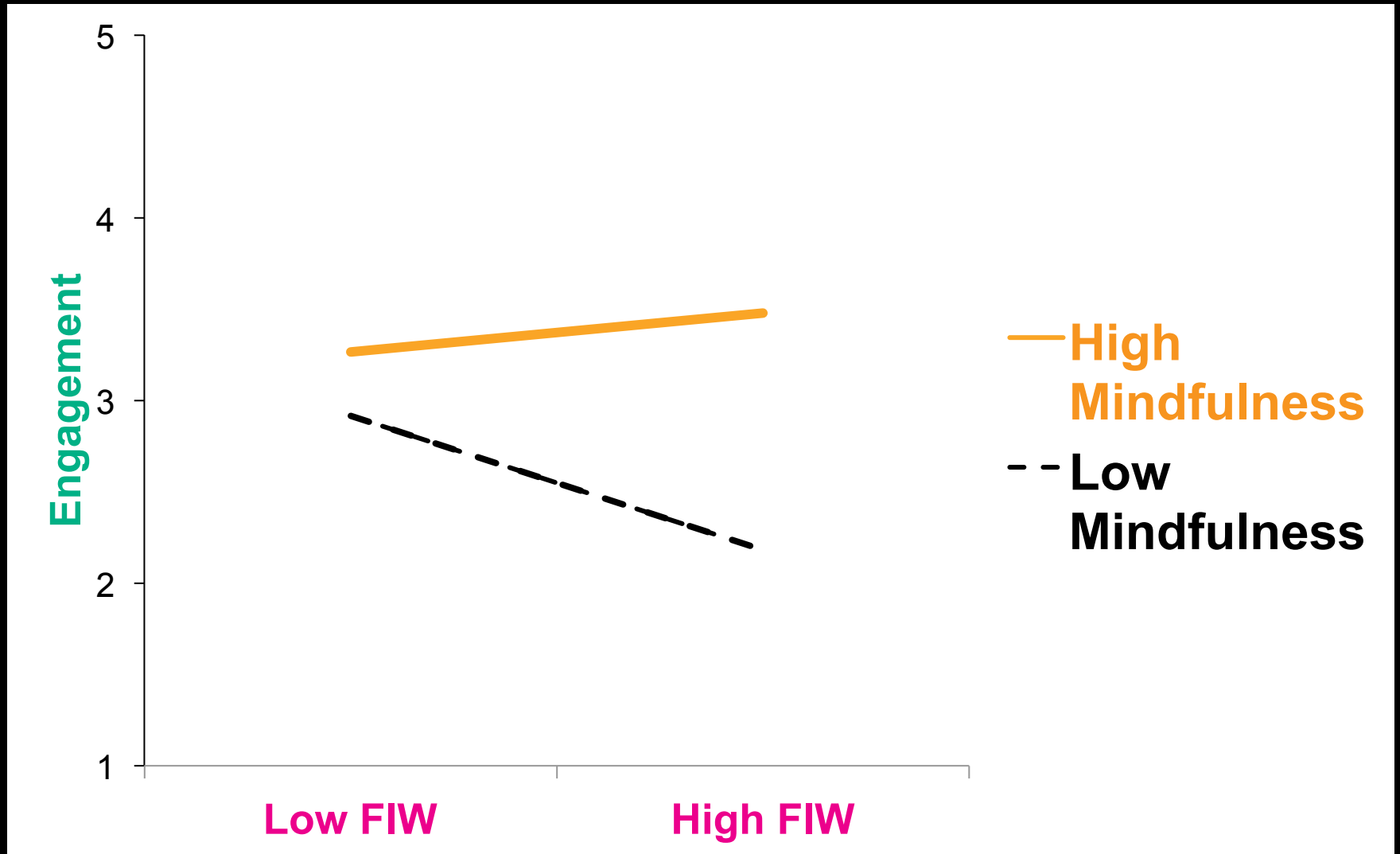
Ever wonder what a  
**\$1 MILLION GOLD BAR**  
looks like?



# OneMind INTERVENTION RESULTS

- + PERCEIVED ENJOYMENT & UTILITY**
- + REGULAR USE DURING THE SHIFT**
- + 60% PARTICIPANT REPORTED POSITIVE IMPACT ON ATTITUDE AND BEHAVIOR**
- 40% SUPERVISOR REPORTED POSITIVE IMPACT ON ATTITUDE AND BEHAVIOR**
- 12.5% LESS COGNITIVE FAILURES COMPARED TO CONTROL GROUP**
- USE AFTER THE INTERVENTION**

# MINDFULNESS BUFFERS STRESS



# A SUSTAINABILITY BRAINBURST



What are some ways that mindfulness can be embedded and sustained within the work crew?



A high-speed photograph of water being poured from a clear plastic bottle into a glass. The water is captured mid-pour, creating a dynamic splash as it hits the glass. The background is solid black, which makes the white water stand out. The text is overlaid on the right side of the image.

when a mindful workforce  
turns into a  
mindful company culture



Third  
a mindful organization

# MINDFUL MENTOR INTERVENTION

ORGANIZATIONAL MINDFULNESS TASTER

MINDFUL MENTOR TALENT MANAGEMENT

MINDFUL MEETING MOMENTS

MINDFUL MENTOR 'OFFICE HOURS'

MINDFUL CULTURE TOOLKITS

**OUR CURRENT  
WONDERS,  
QUESTIONS, AND  
GRAPPLES WITH  
WORKPLACE  
MINDFULNESS**





# THANK YOU

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