

# A TOOLKIT FOR PROFESSIONALS MINDFULNESS AT WORK

## Cultivating Curiosity



*Curiosity is an essential component of maintaining strong work relationships, particularly when we find ourselves in debate or conflict.*

*It also supports decision-making, creativity, and performance. Curiosity enables us to set aside our assumptions and biases and to approach whatever is before us with openness and non-judgment.*

### STRUGGLING TO STAY CURIOUS?

If you're faced with a difficult situation and you're struggling to stay curious, support the process of discovery by taking frequent mindful pauses. Taking pauses to simply rest and be creates the space for new ideas and insights to arise.

### A 10-MINUTE MEDITATION FOR CULTIVATING CURIOSITY

When you find yourself struggling to understand the viewpoint of a colleague, try the following 10-minute practice.

- Sit comfortably in a quiet place. Close your eyes and take a few mindful breaths.
- Once you feel grounded, call to mind the viewpoint or opinion you are struggling to understand. As you do, notice what occurs in your body as you hold this viewpoint or situation in mind.
- Without judging the viewpoint as good or bad, right or wrong, stay with the sensations you observe in your body. If they are strong, breathe deep, loving breaths into them.
- Once the sensations begin to dissipate, see if you can bring an attitude of curiosity to this viewpoint. Inquire:
  - *What might be this person's underlying needs or concerns?*
  - *Is there something they are seeing that might be difficult for me to see?*
  - *How might this person have arrived at this viewpoint?*
  - *Before closing the meditation, send warm wishes to both yourself and to the person who holds a different viewpoint than you. Open your eyes when you are ready.*

### DID YOU KNOW?

In a survey of more than 3,000 employees, 92% of participants gave credit to curious people for bringing new ideas to the table.

***"If you really want to grow in your lifetime, learn to be as inquisitive as a child." – Tony Robbins***