



Caroline Welch: Raise Resilience Right Now with Mindfulness



Caroline Welch is an author, educator, speaker and CEO and co-founder of the Mindsight Institute. Explore the gift of presence, and how purpose, pivoting and pacing can support our personal and professional development.

TOP EMBODIMENT TIP: The starting point of leadership is self awareness.

Presence:

- The Japanese have a word '**Yutori**' which means the space you put between events. This is a great way of building presence into your day. In US culture having a space can be viewed as wasted time, it is a time to be present!
- We have endless thought loops and thought safaris, and the star of this narrative is you, from the past or into the future. We leave very little time for the **present moment**. Presence activates the side sensory circuits in our brain, and the midlife circuits become less activated.

Mindfulness:

- We are living in **VOUCA times**. Volatile, Uncertain, Complex and Ambiguous. In mindfulness, we are **cultivating the capacity and confidence** to deal with whatever comes our way.

The Three Ps: **Purpose, Pivoting and Pacing**

- **Purpose** is driven by a mission, providing meaning to our lives. Knowing what your purpose is can get you through your most discouraging days.
- Being able to spring back from setbacks and deal with unexpected things is what **resilience** is all about. And that is built when we are **mindful**.
- If we are living purposefully and we truly feel it, that purpose is contagious and we can inspire and instill it in others. Being part of a bigger whole can improve our **connectivity** to one another.
- **Pivoting**, when proactive, is a change we think about making before we have to make it.
- **Pacing** is taking a longer view with our purpose in place. It is important to pace ourselves and look through a wider lens. Gift yourself the time to explore what is important to you.
- Pace is also about selective neglect. Deciding what to **let go**. The wisdom is in deciding what not to do.

Resources

- ❖ **Books:** The Gift of Presence: A Mindfulness Guide for Women
- ❖ **Courses:** Mindsight Institute
- ❖ **Website:** <https://www.carolinewelch.com/>
- ❖ **References:** 'True North' by Bill George, 'The Mind of the Leader' by Jacqueline Carter and Rasmus Hougaard, 'The Telomere Effect' by Elizabeth Blackburn and Elissa Epel



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CONNECT WITH MICHELLE: Website michelleboule.com Instagram [@michelle.boule](https://www.instagram.com/michelle.boule) LinkedIn: [Michelle Boulé](#)

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