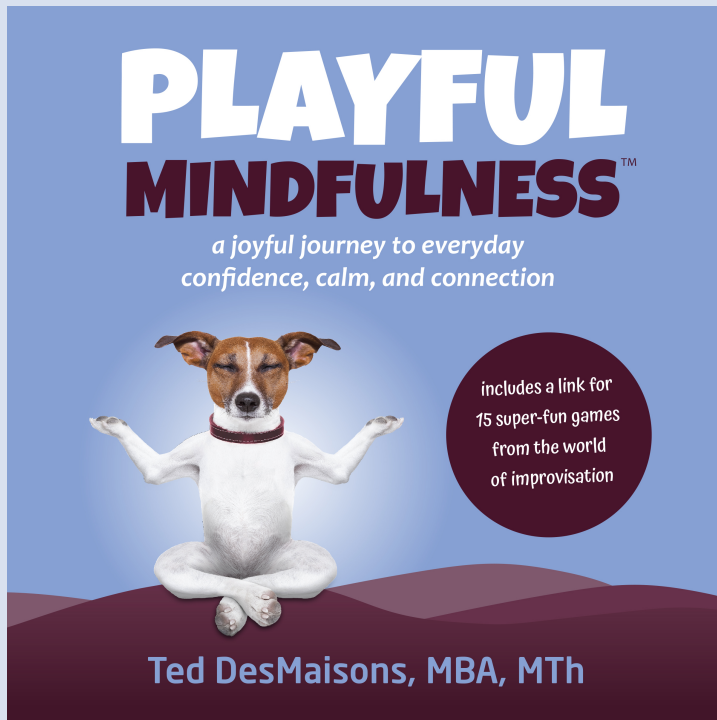




The Mojo of Playful Mindfulness

How getting present helps you, your colleagues, and your clients

Ted DesMaisons, MBA, MTh.
Founder and Principal, ANIMA Learning
Knowledge to Leadership Conference
San Francisco, CA, January 30th, 2020



What is Mindfulness?

**Mindfulness involves paying
attention...**

on purpose

to the present moment

and things as they are

with curiosity and kindness.



Stop

Feel your feet

Feel your breathing

The Mindfulness in Schools Project

www.mindfulnessinschools.org

Be

Circus Bow

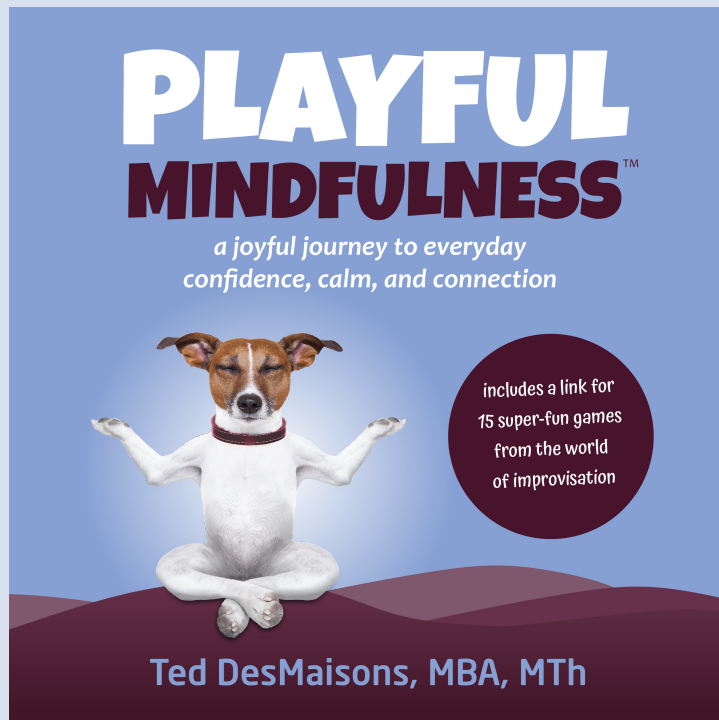


A Taxonomy of “Failure”

- **The winds of Chance**
- **A Matter of Inconsequence**
- **A Stepping Stone**
- **The Mystery**
- **The Disguised Gift**
- **The Let-Down**



Shared Control



Playful Mindfulness

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www.playfulmindfulness.info





***“A curious romp
through the worlds of
mindfulness and
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