

# Why Mindfulness Matters

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# *Agenda*

Takeaways

Rewire for Mindfulness

Microsoft Performance Management

Exercise

The Impact

Closing

# Takeaways

Identify actions that contribute to others' impact

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Connect for purposeful change

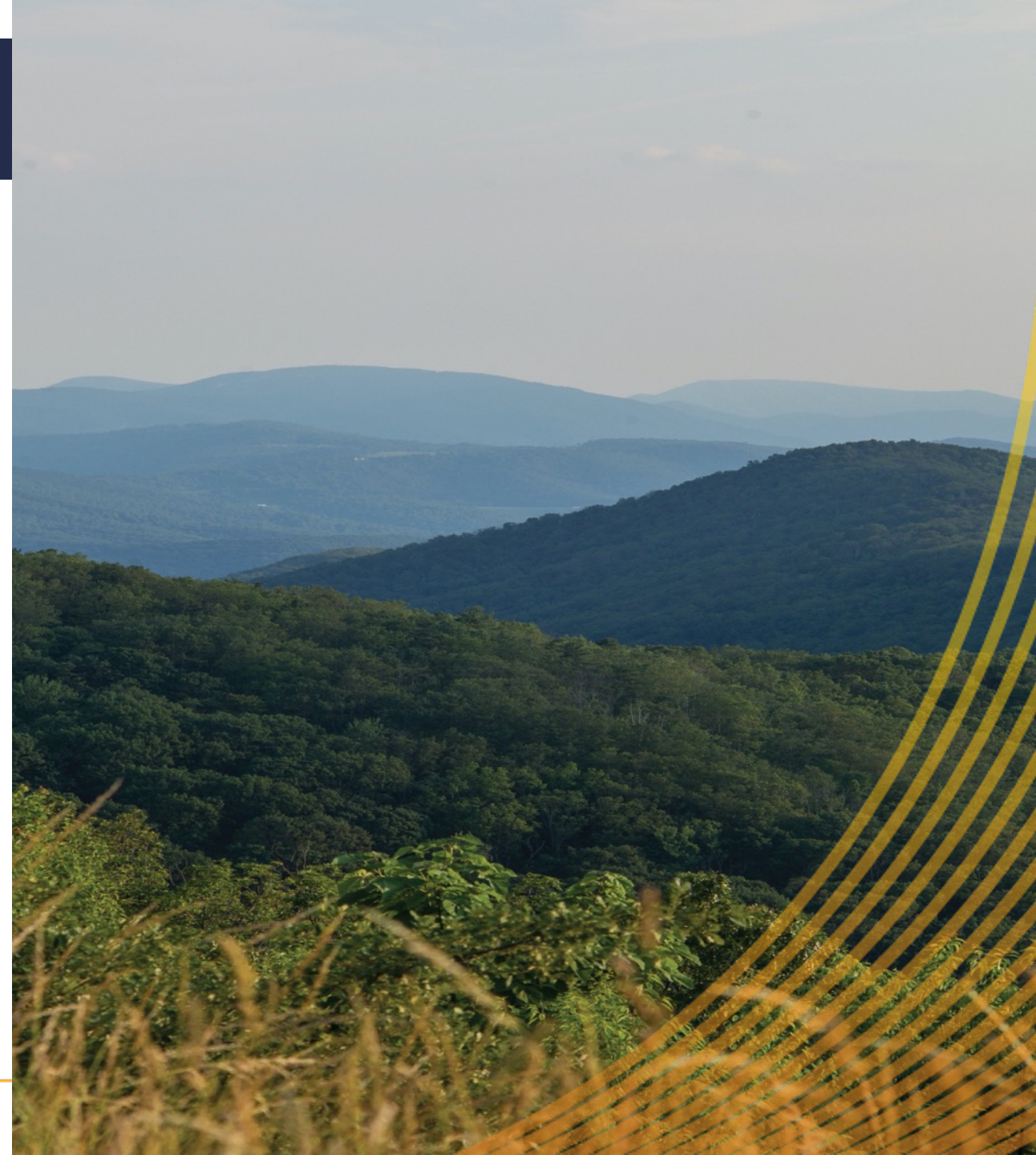
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Improve UVA HR culture from the inside

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# Rewire for Mindfulness

- ❖ Intention
  - Practice the pause
- ❖ Attention
  - Set aside judgment
  - Listen to understand
  - Be Present
- ❖ Attitude
  - Have intentional awareness of our impact
  - Show grace for others to rewire too





# Microsoft Performance Management

How did you contribute to someone else's impact?

How did you use someone else's work to add to your own work product?

What could you have done differently this year?

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# *Collaboration*

How are you currently,  
or how will you practice  
mindfulness to embed  
interconnectedness  
across UVA HR?



# The Impact



If we approach each other and our work with an open mind, are thinking about how our work impacts others and are intentional in how we interact with team members in our own and other teams, we can increase the value of our interactions and foster a collaborative HR culture.

**THANK YOU!**