

Improvisational mindfulness

Dr. Petro Janse van Vuuren

UNIVERSITY OF THE
WITWATERSRAND,
JOHANNESBURG

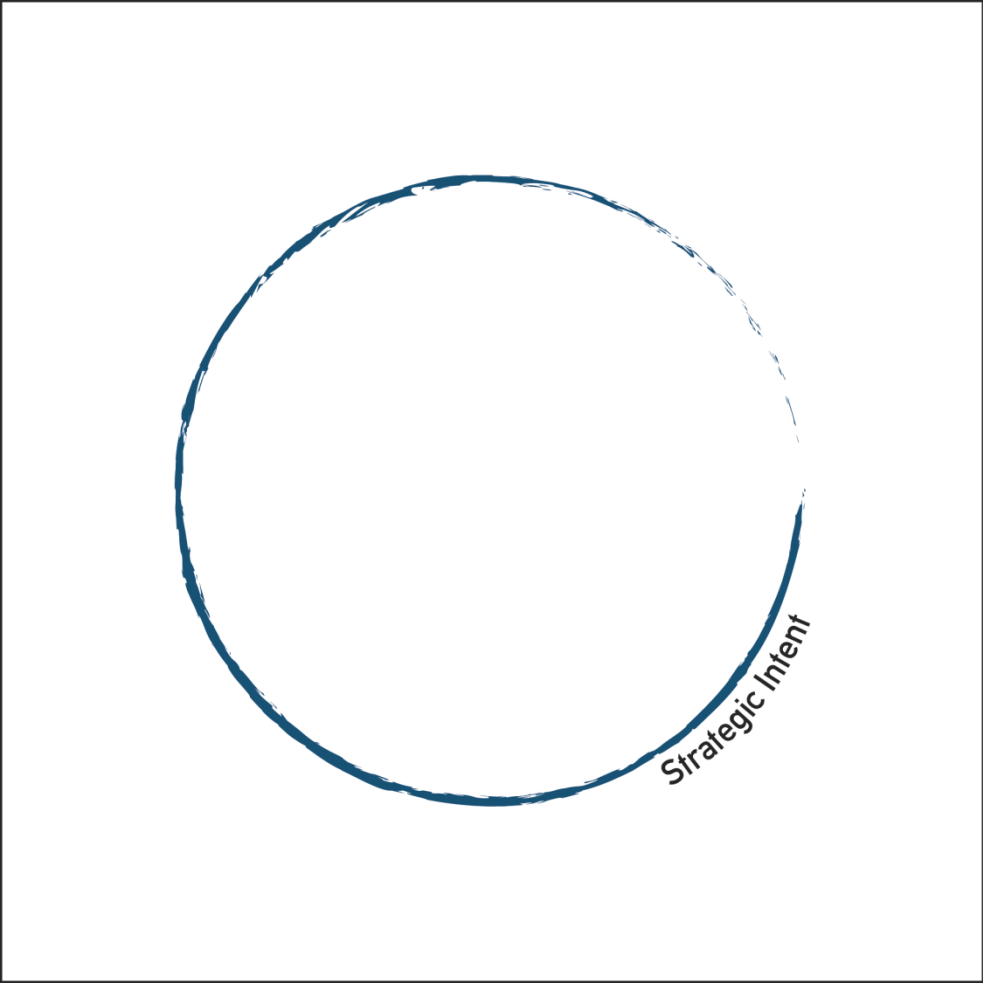


Characteristics of mindfulness

- **Focussed attention** - concentration
- **Subjective self-reflexivity**- detachment
- **Personal interiority** – inward focus
- **Embodied sensorial experience**- breath, senses etc.
- **Stillness** – absence of noise, unconscious movement, *drivenness*.
- **Altered states of consciousness** - deepening levels
- **Non-judgement and loving kindness** - acceptance towards all that is
- **Lingering effect:** - prevalence of the post meditative state

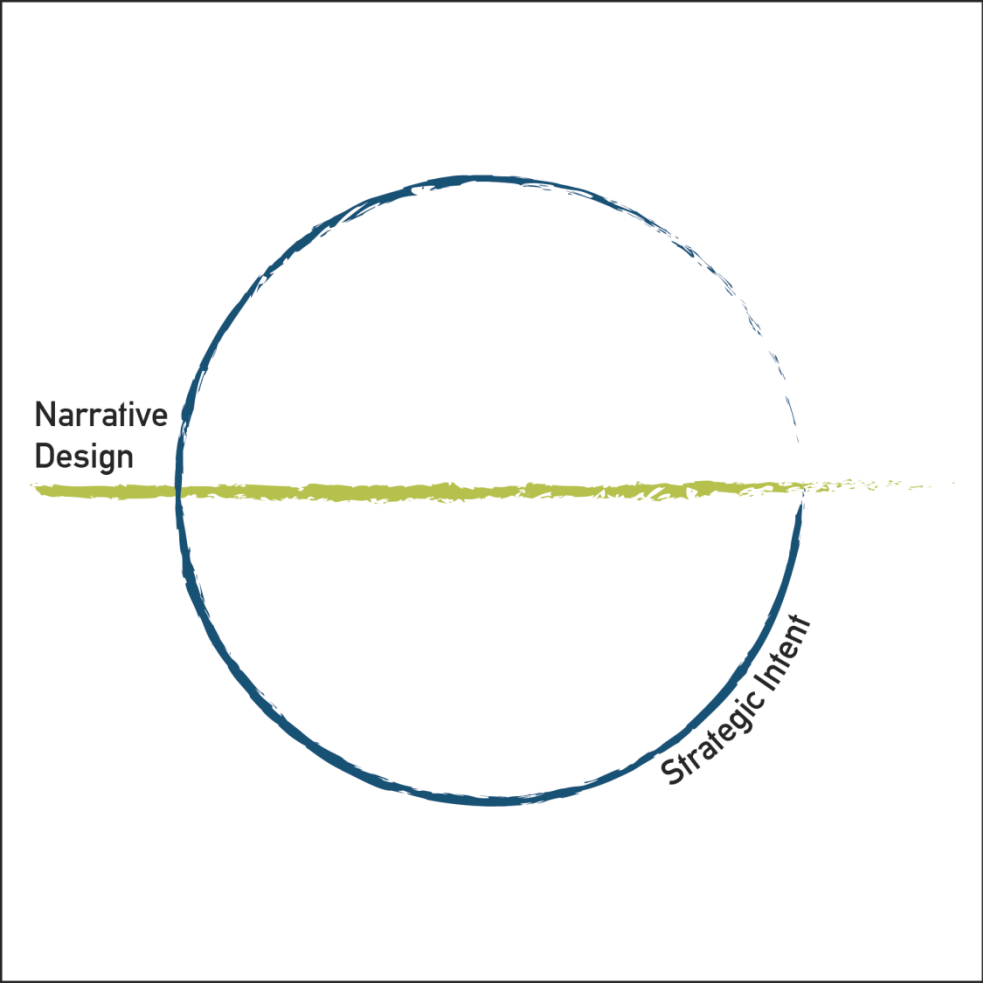
Shortcomings of Mindfulness-based programmes

- Short term versus long term effectiveness
- Not integrated with strategic objectives
- Religious connotations
- Leadership is relationship
- A need for mindful action outside the room



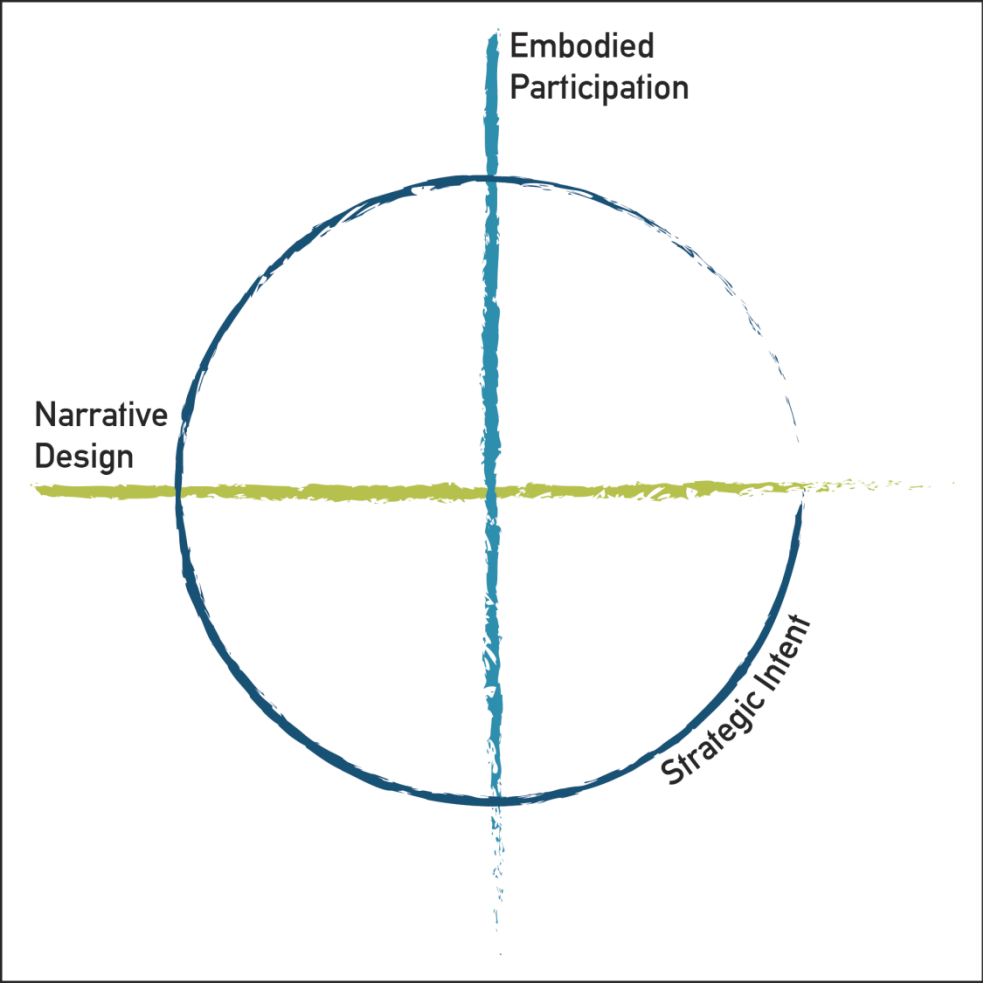
UNIVERSITY OF THE
WITWATERSRAND,
JOHANNESBURG





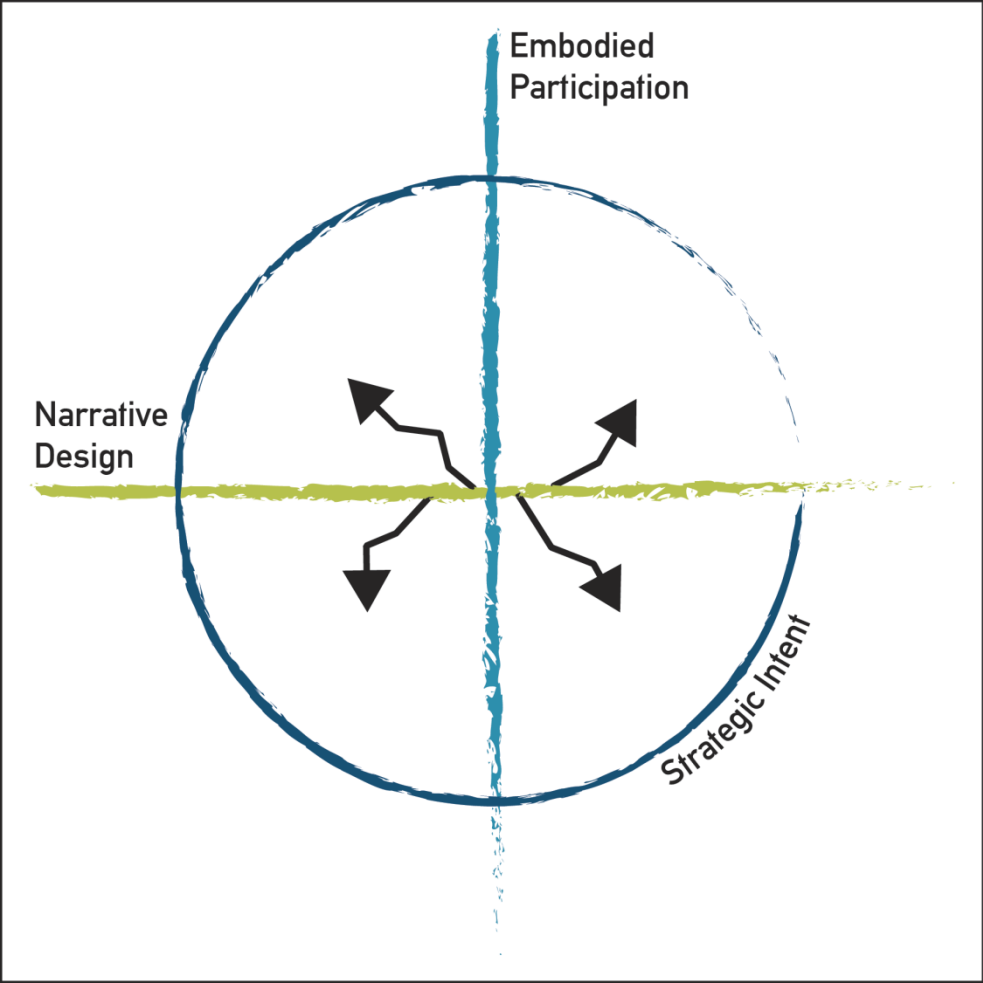
UNIVERSITY OF THE
WITWATERSRAND,
JOHANNESBURG





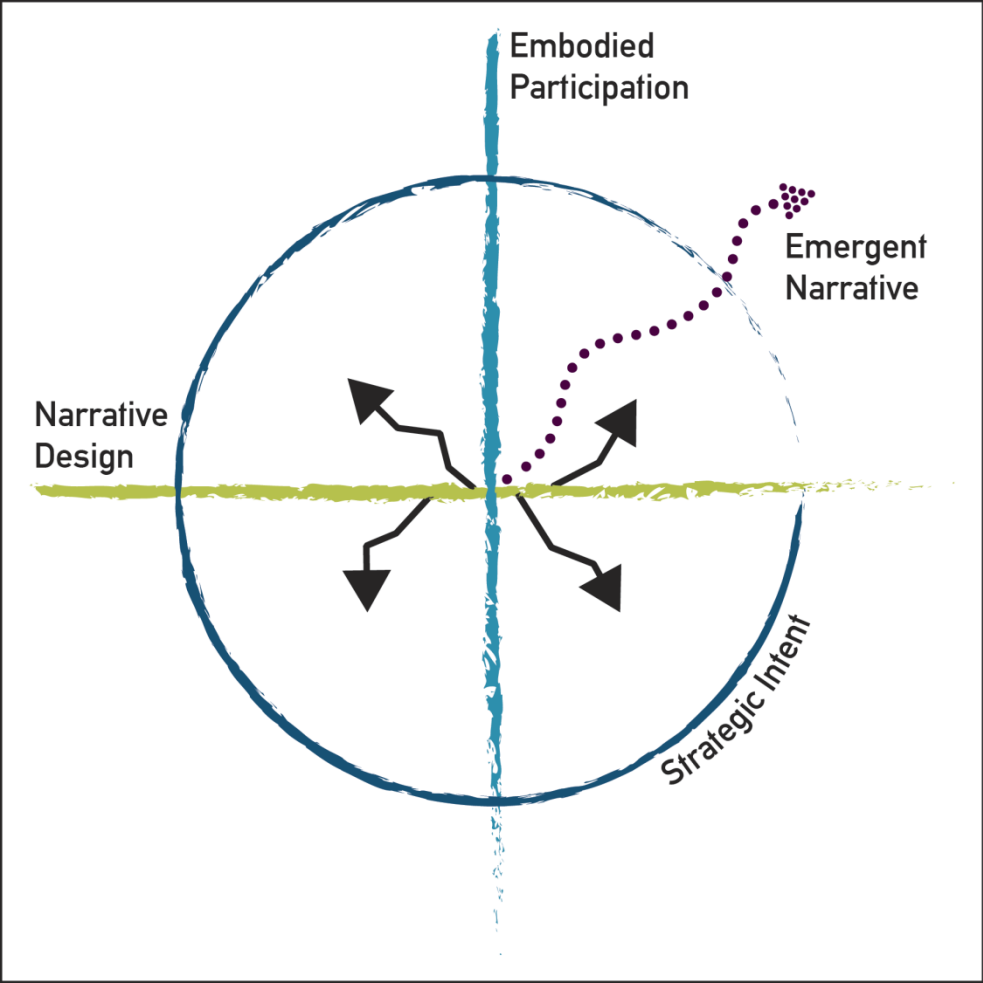
UNIVERSITY OF THE
WITWATERSRAND,
JOHANNESBURG





UNIVERSITY OF THE
WITWATERSRAND,
JOHANNESBURG

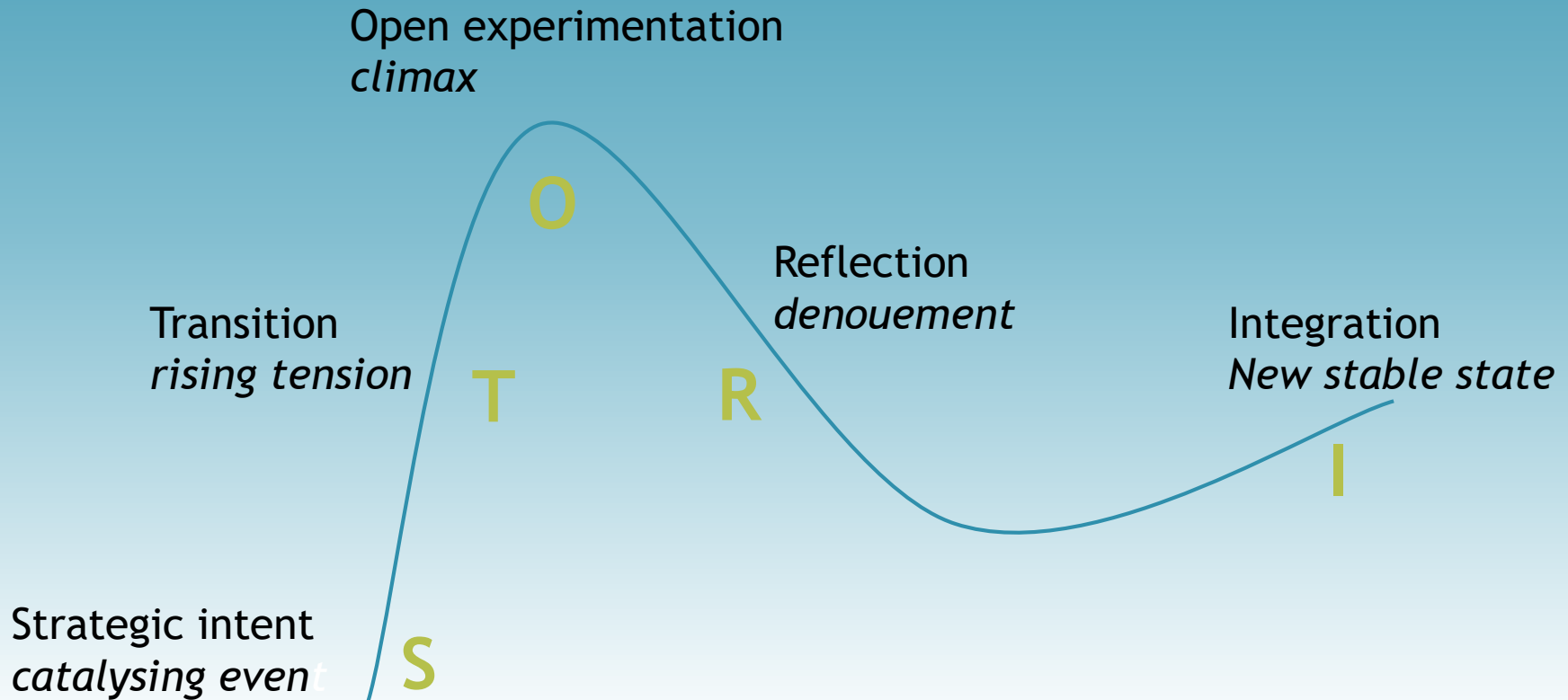




UNIVERSITY OF THE
WITWATERSRAND,
JOHANNESBURG



SNE design model



UNIVERSITY OF THE
WITWATERSRAND,
JOHANNESBURG



Improvisational mindfulness

Potential characteristics of mindfulness practices	First wave mindfulness	Third wave mindfulness
Focused attention	Yes	Yes
Subjective and self reflexive	Yes	Yes
Personal interiority	Yes	Yes and
Embodied sensorial experience	Yes	Yes
The practise of stillness	Yes	Yes and
Non-judgement + compassion	Yes	Yes
Levels of consciousness	Yes	Yes
Lingering effect	Yes	Yes
Relational awareness	No	Yes
Action orientated	No	Yes



Thank you

