

Presence



We often go through our days not fully present, whether it's in meetings, talking to colleagues or even during leisure time. While sometimes we need to contemplate events which aren't going on in the present moment around us, when we do so unintentionally, it harms our well-being, our performance, and our relationships.

In fact research shows:



We spend **47%** of our waking hours thinking about something other than what we're doing. Yet we are happier when we are present, even during unenjoyable activities ^[1].

The ability to be mindfully present with people is rated **#1** of **33** essential leadership traits ^[2].

82% of adults say that when people use their phones in social settings, it hurts the conversation ^[3].



89% of cellphone owners say they used their phone during the most recent social gathering they attended ^[3].

HOW TO RESIST DISTRACTIONS AND BE PRESENT WITH OTHERS

To keep your attention on the topic and the person you are with

1. **Ask yourself:** What is the other person feeling? Needing? And what are you feeling and needing?
2. **Ask them a question.** This will re-engage your attention.
3. **Commit to one person** with whom you will be intentionally present this week.
4. **Practice mind training 10 minutes a day.** Our short guided audio practices will help you do that.

Download the free Potential Project App. Try it for 4 weeks.



References:

Research studies: [study 1](#), [study 2](#), [study 3](#)

Book: Hougaard, R., Carter, J., Coutts, G. (2016) [One Second Ahead. Enhance Your Performance At Work With Mindfulness](#). Palgrave MacMillan

Article: Hougaard, R., Carter, J. (2017) [If You Aspire to Be a Great Leader, Be Present](#). Harvard Business Review