

# Pros and Cons of Mindfulness at Work

IES HR Briefing Event: 17 March 2015

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# Advantages claimed

- Reduces stress
- Reduces sickness absence
- Improves personal resilience
- Re-energises employees
- Enhances ability to cope with change
- Increases creativity
- Increases socially responsible behaviour

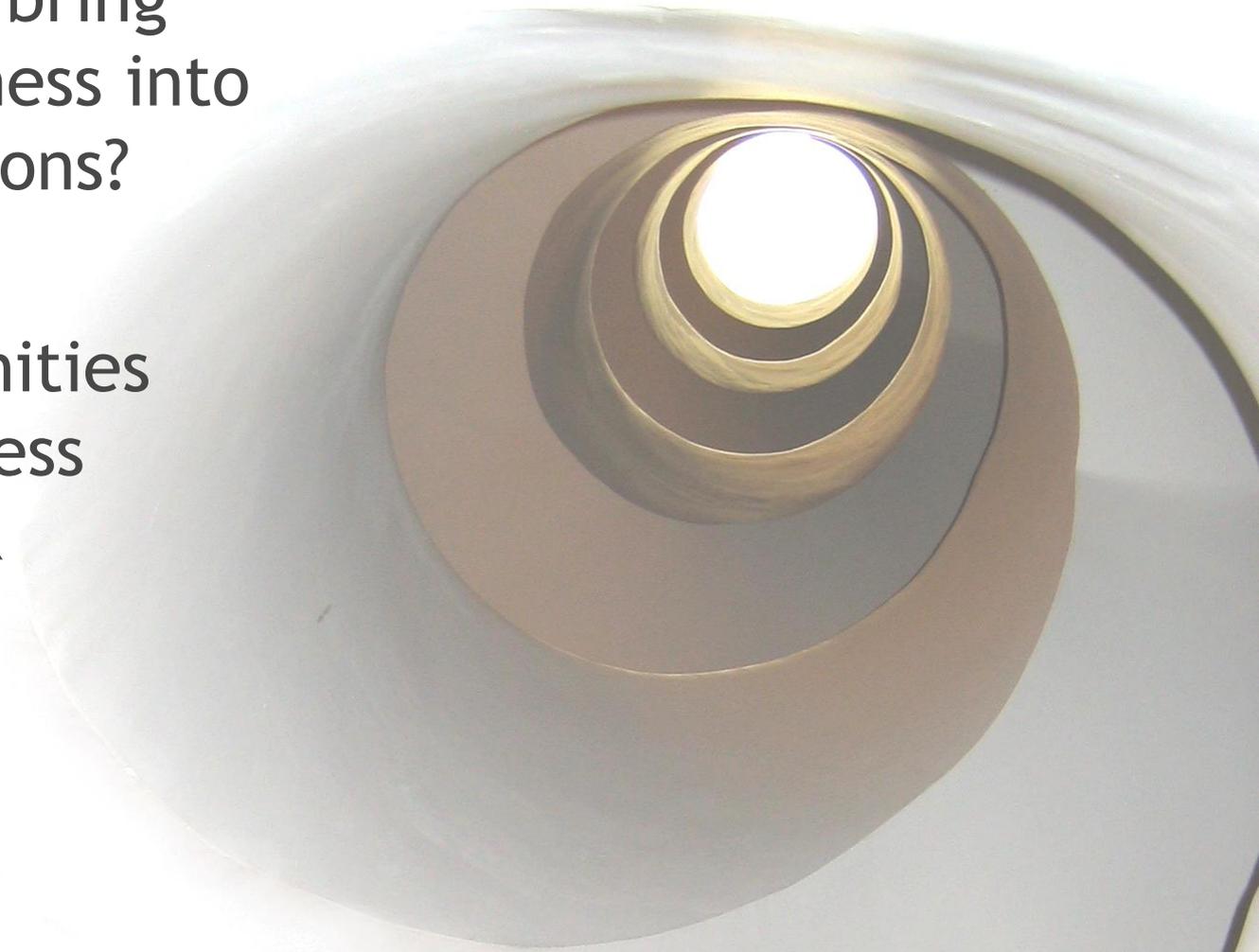
# Some possible disadvantages

- Language can be off-putting
- Spiritual context can be off-putting
- Employees will need to see the relevance and usefulness to their situation to be bothered to practise
- Is it coercive/ethical to change people's thinking and behaviour?

# Discussion questions

How could we bring more mindfulness into our organisations?

What opportunities does mindfulness present for HR specialists?



# Thank you

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