

Article

Importance of Mindfulness from The Perspective of An Organization

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How to cite this article:

Gupta R. Importance of Mindfulness from The Perspective of An Organization. *J Adv Res Servi Mgmt* 2021; 4(1): 12-13.

Date of Submission: 2021-04-07

Date of Acceptance: 2021-04-17

A B S T R A C T

Organization means is an exclusive concept where a group of rational people do accomplish all the professional practices in terms of their occupational standing, global acceptance, and the high-end economical flow at the same point of time. Therefore, it is a matter of elegance, acceptance and all-round magnificence indeed. Because each associate shall have to regulate their collective lives through the same right from the very beginning. On the other hand, both the concept of unity and diversity are equally imperative in this regard where leaders will be able to drive for the best occupational destiny. They need to abide by some of the very pivotal parameters not only to lead the entire organization but to survive in this most competitive globe indeed. One of the very crucial aspects is "Mindfulness". It is worthwhile for each one of us to instigate our communal devotion for our organization indeed. It is a process of paying exclusive attention for accomplishing a task which is going to be attended and intended at the same point of time. Moreover, it is a scientific process to ensure the needful attainments of our lives which must be really instigated according to our destined progressions at all.

Keywords: Occupational Paradigm, Mindfulness, Leader's Responsibilities, Impactful Future

The Prime Importance

The concept of "Mindfulness" is one of the most imperative notions for each one of us. Most importantly it is the best weapon to lead an exclusive work culture in a very meticulous dimension for successful tomorrow.

Concentration

Both leaders and followers do practice the session of mindfulness because of their sound concentration. As a result, they can concentrate hard upon their assigned job and responsibilities. This is how they firmly avoid the invariable organizational conflicts.

Ignition

Mindfulness is such a compelling solution which is very

conducive for igniting people who are associated in an organization. That is how they do ensure their paramount spirits not only to drive the organization, but they do emphasize upon their individual enrichments as well.

Magnification

It is indeed very conducive. Because the term magnification extracts the best performance from both leaders and followers and that is the reason why mindfulness is very crucial for the most revolutionary advancement of an organization. Therefore, both leaders and followers are equally benefitted at all.

Elevation

Mindfulness provides the exclusive spirits to the leaders

to accomplish all the planned assignments in connection with an aspired development of an organization. In this regard, their collective initiatives and emerging efforts are conducive for their communal occupational elevation within a noticeably short while and as a matter of the fact is they are gradually elevated in terms of occupational standing, global acceptance, and great sustainable development respectively.

Acceleration

Both leaders and followers are truly blessed to be accelerated through their most needful mindfulness. In this regard, they do segregate their precious time for the inhabitable practice of mindfulness. It is indeed very crucial for both individual engagement and the organizational enrichment at the same point of time.

Sharon Praissman has said in one of the Published Articles Entitled

Mindfulness-based stress reduction: a literature review and clinician's guide that; this paper has a specific purpose to provide nurses for reducing stresses through mindfulness. It is very conducive according to the highly competitive occupational scenario.

Conclusion

Mindfulness can be most historic medicine not only to decrease the vivo of stress, but it is equally conducive to increase the level of energy in all the regards. As a matter of the fact is the entire organization shall have an exclusive boulevard for both the leaders and followers at the same point of time.

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