

Mindfulness & Entrepreneurship

Peter Read

Demand side challenge



Supply side challenge

- **Happy:** cheerful, optimistic, positive, energetic, purposeful, confident, decisive, creative, clarity, [+ personal exceptionalism]
- **Healthy:** resilient, flourishing, wellbeing, in control, dealing with problems, capable, useful, worthwhile, feeling good about myself, making decisions in rapidly changing and highly ambiguous environments, [+ anti-fragile]
- **Peaceful:** managing stress and anxiety, relaxed, interested in others, close to others, loved, respected, [+ emotional intelligence]

EntrepreneurFirst

- ~50% participation in voluntary mindfulness sessions (Mark Williams, Felicia Huppert, Mindfulness in Schools, etc)
- Pastoral 'life chats'
- Personal exceptionalism: “a macro sense that you are in the top of your cohort, your work is snowflake-special, or that you are destined to have experiences well outside the bounds of normal” [Michael Dearing, Stanford: “The Five Cognitive Distortions of People Who Get Stuff Done”]

Work@roli index

I have a clear sense of purpose in my work *

0 1 2 3 4 5 6 7 8 9 10

Not true at all

Entirely true

I have the emotional resources to handle the pressures of work *

I'm supported and challenged to grow professionally *

I'm supported and challenged to grow personally *

I had fun working at ROLI this week *

I would recommend ROLI as a place to work to my friends *

Google SIY

- Attention training
- Self-knowledge and self-mastery
- Mental habits
- Neuroscience + mindfulness + emotional intelligence: stellar performance, outstanding leadership, conditions for happiness

Anti-fragile

- Beyond resilience or robustness
- Flourishing with volatility (stressors, risk, uncertainty)
- Volatility is information
- Options
- Barbell strategy (avoid the middle, pursue extremes)
- Asymmetry

And more...

- Mindfulness Initiative (+ 'mindful workplace' stream): Chris Ruane, Chris Cullen, Madeleine Bunting, Tessa Watt, Sarah Post
- Education for Entrepreneurs: Anthony Seldon/ Wellington College (+ pioneering wellbeing course)
- Barbara Sahakian: risk tolerance v risk mitigation for “hot” decision-making in the face of risk, where emotions play a significant role
- Headspace for Teams: 37% use it at least weekly
- Plasticity Labs: “tech + neuroscience to teach employees the psychological skills of the happiest, highest performers”