



In July 2019, months before any of us had heard the word “coronavirus” or knew first-hand the stress that comes with a pandemic, Partner Kim Winter introduced a passion of hers to Lathrop GPM – a mindfulness, meditation, and professional growth program. Mindfulness is proven to reduce stress, and increase resilience, productivity and camaraderie.

The first group was offered in person in one office and about 25 people signed up and completed the new program. We have since expanded to all our offices and switched to a virtual format. To date, more than 250 people have participated, and some multiple times.

The six-week meditation program teaches participants how to use mindfulness and meditation to ease anxiety and stress, while increasing feelings of well-being and peace; employ simple breathing techniques to cope with difficult situations; and find ways to better align oneself with personal and professional goals. Participants have commented that they are sleeping more soundly, feeling more connected to their colleagues and family members, noticing a difference in how they handle work-related stress, and feeling a greater sense of power in their ability to use their mind to create the life they want.

LEGAL DATA WORK- SPACE

In his book *'This is Not a Dress Rehearsal'*, Michel Masquelier states that as a business leader and role model, he is a 'possibilist' rather than an optimist, realist or a pessimist. I love this because leading a business as a possibilist and seeing the business through the colourful lens of intelligent, kind and wonderful individuals with their passions and unique personalities, enable teams to be built in an environment of trust, respect and fun. In my experience enabling team members to bring their passions to work, is empowerment for them personally whilst collectively driving the creativity and results for success! For example, taking his passion for fatherhood and in support of his wife's career, our Tommy whose little boy goes to nursery some days per week has been able to commit and deliver outstanding results working flexible hours.

A while back, I took my passion for yoga into a client organisation who adopted a morning regular weekly slot for their employees which not only made us all feel good – it is such a great way to meet and chat and sometimes go and get coffee/breakfast together post class.

Having a passion in life make us the individual people we are. A business environment that embraces folks who can show their whole face not just their 'work' face, makes for a far more energetic and happier environment and most of all a fun experience – full of possibilities.