Pho	nes!	Stick around	Contact info	ormation	Q&A	Summary and thanks 11.50
Don'	t ignore!	Root cause/fix	kes Mer	ntal health	Ask them	Key takeaways 11.45
				Wh	at changes to m	ake <u>Discussion 11.30</u>
	Trib	cave per	son "ch	nildish"	Feedback	
	Sch	nedule Set h	nard date	Recovery	ime planned	
	Postl	ts Google F	orm Of	ficeVibe	Measure	Practical changes 11.20
Slack: perpetu	al meeting	Schedule it,	, room	1-2h distracti	on-free work	
	_ooks non-p	productive S	Same tools to fin	id Co	ontemplation	
Sta	ndard setup	Knowing is	s half battle	We can	not do all today	Let's try ut out! 10.55
Coffee/BR	Con	versation out	Pick method	10 n	ninute reflection	Let's try at out: 10.00
		Try it ou	t! Free,	quick, "easy	", science	
Reflect u	ıpon situatio	on, perspective	Root word	Cont	emplation	
Don	t force happ	oiness Rest	lessness	Simple, but	t not easy	
Scie	nce (placeb	o) Techniqu	e Pract	ice through n	neditation	Mindfulness practice 10.35
	Or get stres	ssed Som	e don't need it.	It's j	ust a tool.	
Too much?	Cre	eativity, planning, lea	arning D	aydreaming	as default	
"P	resence"	Friggin hard to	o define	Sold as n1 t	cool today	
Toyota	ı principle	It's all about	reflection	Simple & f	ree methods	Finding root cause 1020
Is mindfulness	what you ne	eed? Like di	ets Dor	n't start out w	rith solutions	I maing root cause 1020
		Less stress, mo	re productivity	Win/\	vin available:	
	s of peak of ath of taking	r 8 of stressed? g time off.		tuitive manaç ent leads to b		
Why	Why do we do it? Industrial work.			We encourage each other (culture)		Non-binary stress 10.05
Main	work tool s	stops functioning	to be stres	ssed. Is that	good or not?	
Note	Note that more stress can be good			u stressed" is		
Task	complexity	. Surgeon example	enough	question. Be	e specific.	

