



**Lou Carcasole** B.Sc., M.B.A., M.Ed

Lou speaks your language. His rich background as a top engineering, business and education student, engineer, entrepreneur, business and change consultant, as well as his personal life experiences, allows him to better understand and be understood.

Lou is passionate about personal growth as the key component of personal or organizational effectiveness. He has long sought to understand why change is so difficult – those unwanted changes that happen to us, as well as those we try to effect in ourselves, and our surroundings.

Lou's came to the conclusion that even cutting edge methodologies often have disappointing results. "There will always be new trends in personal and organizational development," says Lou. "But I have found that what truly brings out the full potential of individuals and profoundly affects long-term change is the ancient practice of Mindfulness."

Lou trained with Jon Kabat-Zinn and for many more years with renowned teacher Shinzen Young. Lou has taught Mindfulness to over one thousand people with powerful results, as demonstrated by the data he collects and feedback from clients.

#### Programs and Services:

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(happiness, performance, stress, etc.)

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THE PRACTICE OF MINDFULNESS

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# The Evolution of Success



**RADICAL growth**

THE PRACTICE OF MINDFULNESS

**Whether you're doing great or facing challenges, you can be more effective! Reduce stress, improve health, happiness, and personal performance. Enjoy work and life more. This program will help you do just that!**

### **What prevents us from being our most effective?**

- Stress – a little stress can motivate us to take action, but too much of it can lead to distorted perspectives, an impaired ability to respond, and serious health problems.
- Established thought patterns that limit creativity – an inability to think outside the box.
- Not being in the here and now, but letting thoughts and fantasies keep us in the past or the future.

### **Mindfulness trains you to:**

- See things more clearly and hence respond more effectively, with reduced stress
- Expand your awareness and ways of thinking to become more creative
- Live in the present moment – the only place where true happiness and satisfaction can be found.

### **What is Mindfulness?**

Mindfulness is the practice of paying attention, in a nonjudgmental way, to the present moment – to what is happening within and around us right now. When we pay attention in this way, we see things more clearly and develop a greater understanding of why things are the way they are.

As we do, we begin to feel more alive, experiencing life in the exquisiteness of the present moment, releasing the limiting forces that prevent us from accessing our powerful inner resources.

The skills of Mindfulness -- concentration, equanimity and deep relaxation -- are developed through practice, aided by good teaching and techniques that are suited to the individual. Just as anyone, regardless of aptitude or existing skill level, can become a better piano player by taking lessons and practicing, so we can all learn the fundamental life skills of Mindfulness.

Mindfulness is thousands of years old. Its benefits have been chronicled throughout the ages. Western scientific studies are just now proving what many have known for a long time – that Mindfulness is one of the most effective tools for improving one's quality of life – that Mindfulness is one of the best investments anyone can make in improving themselves.



### **What Happens as Mindfulness Grows?**

We cultivate the capacity to:

- remain calmer, focused and relaxed, even in the midst of difficult situations.
- respond more readily and healthily to body signals resulting in better physical and mental health
- be less judging and more accepting of ourselves, others, and life's challenges
- respond more and react less
- increase our emotional intelligence

### **People report moderate to high impact on their ability to:**

- Adapt to change
- Solve problems
- Appreciate life
- Make decisions
- Relate to others

### **People also report significantly fewer:**

- stress-related physical symptoms such as headaches, tension, sleep disturbances, and digestive problems
- stress-related emotional experiences such as anger, anxiety, fear, helplessness, and depression

### **Who Can Benefit?**

Anyone can benefit. There are no prerequisite skills needed. The only requirement is the willingness to make a strong effort. Mindfulness is not easy - it is not a quick fix. However, it is a deep and lasting fix that takes a bit of time and patience. Research results show very impressive benefits after only eight weeks.