



A reflexion about Mindfulness benefits at workplace

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Abstract:

Mindfulness research activity is surging within organizational science. Emerging evidence across multiple fields suggests that mindfulness is fundamentally connected to many aspects of workplace functioning, but this knowledge base has not been systematically integrated to date. This review coalesces the burgeoning body of mindfulness scholarship into a framework to guide mainstream management research investigating a broad range of constructs. The framework identifies how mindfulness influences attention, with downstream effects on functional domains of cognition, emotion, behavior, and physiology. Ultimately, these domains impact key workplace outcomes, including performance, relationships, and well-being. Consideration of the evidence on mindfulness at work stimulates important questions and challenges key assumptions within management science, generating an agenda for future research.

Biography:

Dr Valérie COESTER has completed her PhD at the age of 25 years from Lille II University and postdoctoral studies from Stanford University School of Medicine. He is the director of XXXX, a premier Bio-Soft service organization. He has published more than 25 papers in reputed journals and has been serving as an editorial board member of repute. (Up to 100 words)



Publication of speakers:

1. Jenness, Valerie & Broad, Kendal. (2018). Hate Crime as a Social Problem: Theoretical Implications. 10.4324/9780203790250-7.
2. Valeriano, Valerie & Balolong, Marilen & Kang, Dae-Kyung. (2016). Probiotic Roles of Lactobacillus spp. in Swine: Insights from Gut Microbiota. Journal of Applied Microbiology. 122. 10.1111/jam.13364.
3. Valeriano, Valerie & Balolong, Marilen & Kang, Dae-Kyung. (2014). In vitro evaluation of the mucin adhesion ability and probiotic potential of Lactobacillus mucosae LM1. Journal of Applied Microbiology. 117. 10.1111/jam.12539.
4. Valeriano, Valerie & Bagon, Bernadette & Balolong, Marilen & Kang, Dae-Kyung. (2016). Carbohydrate-binding specificities of potential probiotic Lactobacillus strains in porcine jejunal (IPEC-J2) cells and porcine mucin. Journal of Microbiology. 54. 510-519. 10.1007/s12275-016-6168-7.

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