

Achtsamkeit@SAP

*„Unser Weg zur Verknüpfung von Wohlbefinden,
Datenkultur und Erfolg“*

Petra Maria Heeb
SAP Global Mindfulness Practice



Wer bin ich?



“Ich denke, wir alle
haben Empathie.
Möglicherweise haben
wir nicht genug Mut, es
zu zeigen
(Maya Angelou)

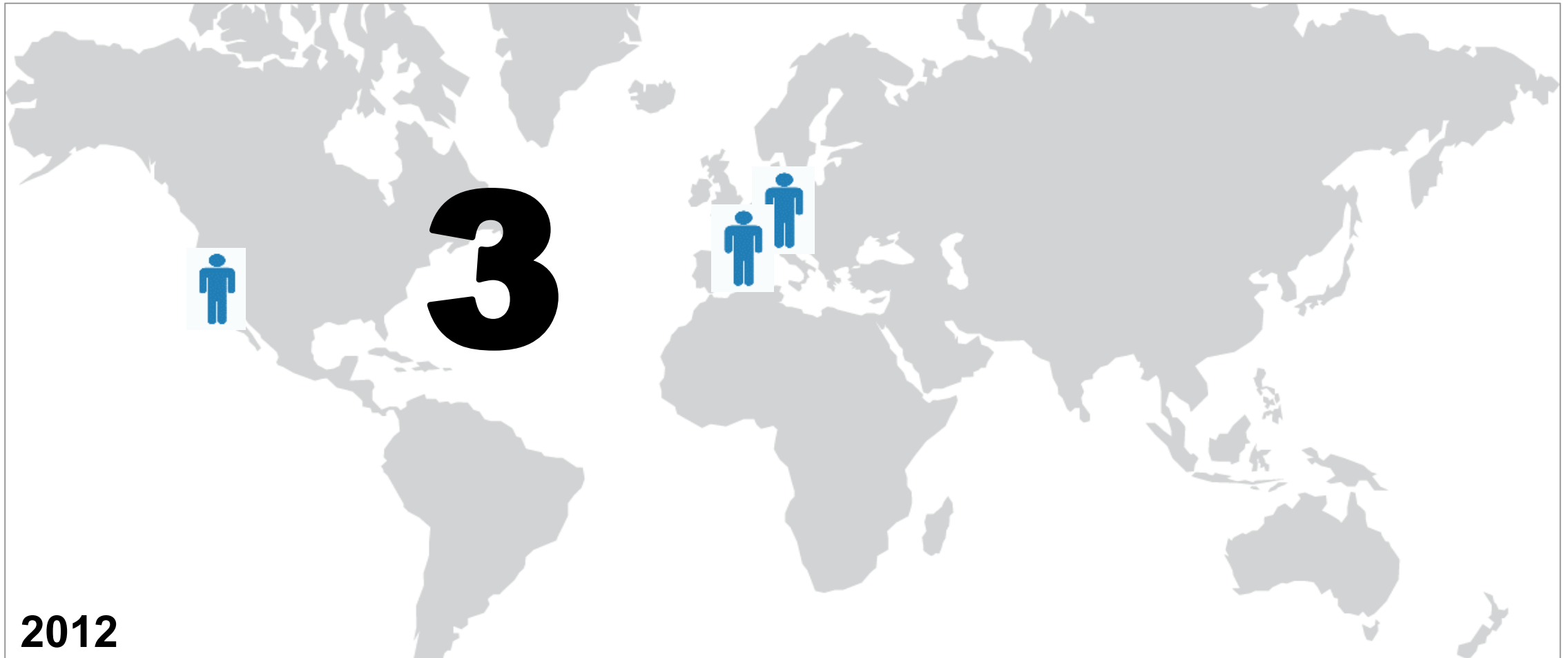


Petra Maria Heeb, Schweiz

Senior Customer Engagement Executive | ERP for SME
Global Mindfulness Lead Teacher@SAP

20+ years in Sales | Program Management | Controlling
Passion for personal growth & Leadership | Rebel4Change
Visionary Founder ANARAM@Laax
Mindfulness Practitioner >25 years

Started as a grassroots initiative ...



SAP Global Mindfulness Practice



35+ local communities



15k+ SAP employees trained in 60+ locations

10.700+ active participants in our virtual community

500+ SIY Trainings

A full-page background image featuring a surfer riding a large, powerful blue wave. The wave is curling over, creating a tunnel-like effect. The sky is filled with dramatic, white and grey clouds. The overall color palette is dominated by deep blues and whites.

Mindfulness

“Being Present”

Mindfulness

“Mindfulness is the **self-regulation** of **attention** with an attitude of curiosity, openness, and acceptance”

Leadership



Performance



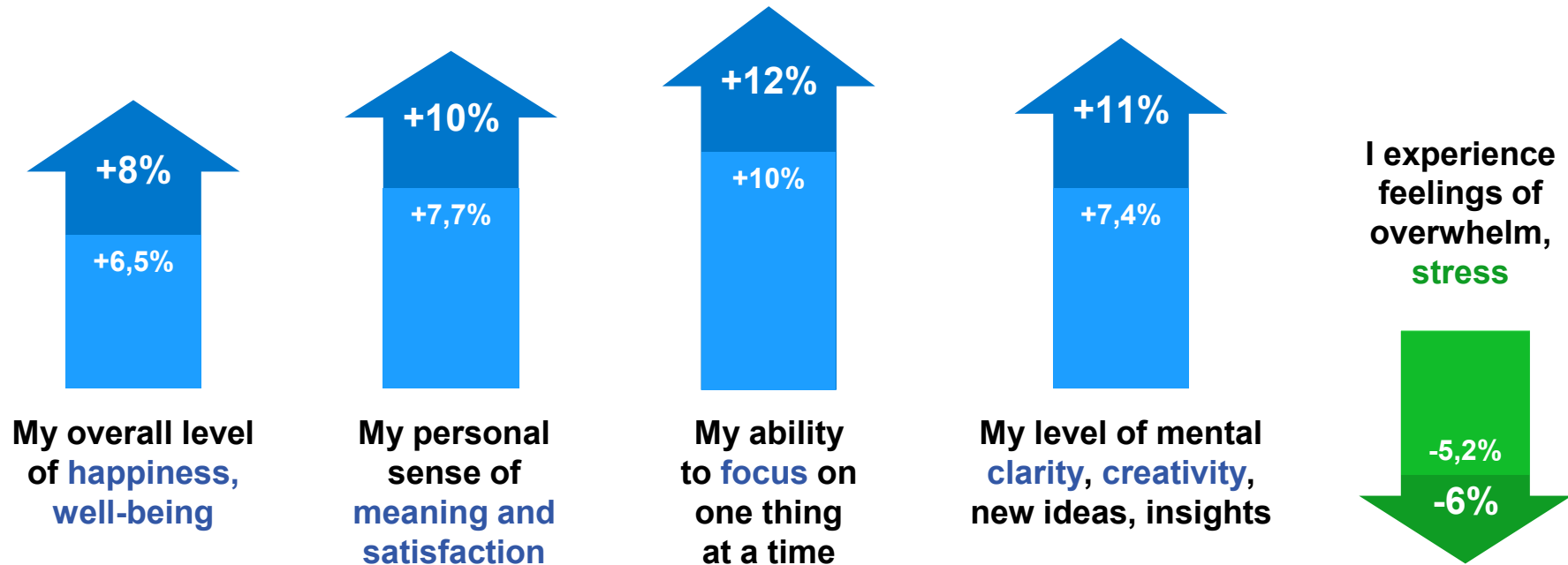
Well-Being

Business Impact Results – Personal Level



Mindfulness practice leads to improved **well-being, satisfaction, focus, creativity** and lower **stress** during the workday.

4 weeks and
6 months
after the course



Based on survey data of 650 participants (2014-2015)

Now we all take a
deep breath and
meditate... Done?

86% of managers rated themselves as inspiring and good role models.

- McKinsey & Co, 2022

82% of employees see their leaders as fundamentally uninspiring.

- Gallup Organisation's 2021 Engagement Survey

15% of the global workforce feels engaged at work.

- Gallup Organisation's 2022 State of the Global Workplace report

Leadership

Leading better through
the EI competences

- Leadership is **influence**
- **Leading by example** – „**HOW**“?
with compassion
supportive leadership style
leadership commitment

Leadership

Emotional Intelligence Matters

[/go/mindfulness](#)





WeQ –
more than IQ

What Google Learned From Its Quest to Build The Perfect Team.





Why Google rewards its employees for failing

...



“A leader takes people
where they want to go.
A great leader takes people
where they do not
necessarily want to go, but
ought to be.”
(Rosalynn Smith Carter)



Impulse for reflection



You as a leader

Think about **yourself**...

How do you show up in front of others, is there a difference between friends and colleagues?

How vulnerable do you show up?

What about self-compassion...

Do you allow yourself to fail...

To say “stop” when you feel exhausted...

WHO should change this behavior / thinking
if not **you**...



EVERYDAY
HEROES

You and Me & Loving Kindness Meditation

Mindfulness
Practice!





YOU!

Q&A

Welchen Beitrag kann Kommunikation leisten um mehr „Loving Kindness“ in Organisationen zuzulassen ?

Was braucht es um Kommunikation zu verändern, vom „antriebgesteuerten Senden“ zum “Berühren im Herzen“?

Wie sieht der Algorithmus der Neuzeit, des Wandels aus, der Mut und Fehlerbereitschaft voraussetzt?

Wie sähe Kommunikation aus, die nicht permanent sendet, fordert, sondern zuhört, verschiedene Perspektiven einnimmt und somit verbindet?

**Be mindful. Be grateful.
Be positive. Be true.
Be kind.**

(Roy T. Bennett)

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www.sap.com/mindfulness

