



LUMEN™

POISE

under pressure in the
business world

P

Mental presence is a very important element to diffusing a situation. Composure is contagious and maintaining a cool veneer can make a challenging moment less combustible.

O

Office environment- whether it's a virtual work from home situation or in a corporate space- lends itself to being a place of calm based on the choices you make. So, choose to incorporate items that allow you to maintain your calm.

I

Intentional choices are ones that are made with thought and clarity of mind. Take a deep breath or two to make sure that your choices are proactive rather than reactive.

S

Self care is undervalued but cannot be underestimated. You are your best self when you are rested, well nourished, have had good physical activity and are in balance with your life priorities.

E

Empathy more than anything is a skill that everyone prizes. Empathy isn't weakness or falling apart, it is being able to see others, feel with them and connect.