



News from DataSys

For immediate release

DataSys President Speaks About “Mindfulness in the Workplace”

Marlborough, Mass. – March 28, 2013

Lisa Daigle, the President of DataSys Corporation, was a featured speaker at a career event at the Hudson-Maynard Adult Learning Center. She began her presentation by asking the 100+ attendees to breathe for a minute and focus on the sensation of the breath. Next, she asked people to mindfully breathe into the fingers on each hand. She concluded the experiential exercise by asking people to consider how their experience of emailing would change if they had a mindful connection to their hands.

Daigle cited the benefits of mindfulness, whether that’s decreased reactivity, improved listening skills, or a more compassionate approach to relationships. In particular, mindfulness helps us see ourselves as in control of our lives, rather than relinquishing responsibility for our thoughts and emotions to the manager on the other side of the table or the customer on the other end of the phone. She said there are many ways to develop a mindfulness practice, whether through yoga, meditation, or the many excellent training programs offered in numerous settings. And, research has shown that people with a mindfulness practice are more likely to take responsibility for their personal and professional growth.

The presentation concluded with Daigle reading a poem by the Celtic poet, John O’Donohue. One passage of that poem says, “Remember to be kind / To those you work with / Endeavor to remain aware of the quiet world / That lives behind each face.”

In addition to serving as the President of DataSys Corporation, Lisa Daigle is also a Registered Yoga Teacher, has taught emotional awareness and nonviolence skills to incarcerated people, and facilitates dance and art workshops for charity.

About DataSys Corporation

DataSys Corporation, a Microsoft Certified Business Solutions Partner, specializes in the implementation of Microsoft Dynamics GP (Great Plains). Since 1996, DataSys has built long-term productive relationships through deeply understanding its customers’ businesses. We automate processes for financials, reporting, payroll, project accounting, and distribution. For more information, please visit www.DataSysCorp.com.

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Contact: DataSys Corporation / 508-303-9490 x223 / info@DataSysCorp.com

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