

Post-Session Discussion Questions

(complete 1–4 weeks after module & before the next module)



In what ways do our organizational and societal cultures create barriers to mindfulness?

How did you notice mindfulness affecting your life? What were the benefits and challenges?

One of the biggest difficulties with mindfulness is that there is no correct answer. It simply is about “being.” How well were you able to “be” in a given situation?

Mindfulness is important for values; it supports our ability to pause and engage with values. But we also have to value mindfulness. How can you support that value and practice?

Mindfulness is considered a core skill in ARC because it is vital to successfully implementing all other components. Look ahead at the later ARC modules. How does mindfulness underpin those other topics?

