

## 6 Meditation Benefits That Help You Climb the Corporate Ladder Faster

Are you climbing the corporate ladder in search of job security, better pay, more responsibility or personal power? If you are running the corporate rat race and strive to advance as quickly as possible, meditation offers significant benefits. Aside from relieving stress, which as you know is constant in a competitive business environment, meditation offers the following 6 benefits that help you climb the rungs of the corporate ladder faster and more effectively than your coworkers who do not meditate.

1 - All meditation improves focus. If you can't FOCUS (Follow One Course Until Successful), you simply are not going to make it in the advanced levels of the corporate world. Meditation, especially focused attention meditation, can create a laser-targeted vision that allows you to cut through the constant clutter and distractions around you, finishing projects and assignments quickly and productively.

2 - Meditation encourages objectivity, composure, clarity, and concentration. When you can objectively appraise any business situation, your value to your company increases dramatically. A meditation practice also improves concentration, helps you develop a clarity of vision, and guarantees you practice composure when things get stressful, essential advancement and survival tools in the corporate world.

3 - Meditation increases productivity. Whether you practice Kundalini or Vipassana meditation, or any of the other dozens of varieties, you will find yourself more productive. Incorporating meditation sessions throughout your workday will increase your productivity even greater still.

4 - Your problem-solving and decision-making abilities become stronger. Countless studies show meditation improves mental functioning and memory and dramatically decreases your chances of contracting mental health problems. This means your mental ability to attack problems, solve them, and make smart decisions is enhanced with meditation.

5 - Meditation improves your social and emotional intelligence levels. Meditation trades your brain to react objectively and intelligently. This improves both your social and emotional IQs. Studies show that employees with high levels of social and emotional intelligence are more likely to be chosen for leadership positions.

6 - Meditation is a mental and physical stress-reliever. This is probably the most well-known benefit of a regular meditation practice. What is amazing is that of all the many kinds of meditation, they are all very effective for relieving stress and anxiety. No matter what form of meditation you decide to practice, you will experience less stress. This means fewer days off, not experiencing dread and anxiety on the way to work, and a better capability to compete in a stressful corporate environment than your coworkers.