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April 15, 2014



**Could *your* healthcare facility benefit from this?**

## **Every healthcare facility can benefit from Revenue Enhancement!**



Clint Maun, CSP has **two new programs** *custom-designed* to help you enhance your **revenue streams** and deliver increased customer satisfaction, smoother operations and sustainable, long-term market viability, especially given the forthcoming changes resulting from the recent healthcare reform!

These exciting new programs bring a wealth of proven-solutions to bear on improving your facility's revenue, so you can invest in other important aspects of your business, such as staff rewards & retention, site/technology improvements, partnership integration projects and more!

### **The Continuum of Care Dating Game: Moving the Relationship from Courtship to Engagement**

*The healthcare delivery system will, and has, become a **bundled set of partnerships**. What does your post acute organization need to do for profitability and successful business growth? This program offers immediate techniques for enhancing and leveraging your hospital relationship to help you deliver better care, as well as optimize your revenue potential, for you **and** your partners.*

## Blueprint for Growing Revenue When Healthcare Funding is Going Down the Drain

*Do you have progressive strategies, dedicated team effort, partnerships and goals for keeping and building your revenue stream? There are winning tactics and techniques that will generate revenue **growth** - not just sustainability. Learn **proven** and **specific** action steps your team can develop and implement immediately to grow your revenue!*

**Let Clint Maun show your organization how to *Increase Revenue while Preparing for Tomorrow!***

Review [Clint Maun's Biography and References](#) or call Kathy Cain at 800.356.2233 for more information



**Book multiple speakers for a \$\$\$ discount. Ask us how!**



### Food For Thought

#### Are You in the Now? The Surprising Benefits of Mindfulness

In last month's *Food for Thought*, we discussed the topic of mindfulness and how you can be more mindful in your daily life. We hope that you're taking those strategies to heart, and as you do, keep these benefits in mind—they can serve to encourage you in your pursuit to be *in the now*.

There have been several scientific studies demonstrating the powerful benefits of mindfulness:

- **Reduced stress.** Many studies show that practicing mindfulness reduces stress. A meta-analysis of 39 studies found that mindfulness meditation increases positive effects and decreases anxiety.
- **Boosts memory.** Improvements to working memory appear to be another benefit of mindfulness. A 2010 study documented the benefits of mindfulness meditation among a military group who participated in an eight-week mindfulness training. The researchers found that the non-meditating military group had decreased working memory capacity over time, but the meditating military group experienced an increase in working memory capacity.
- **Greater focus.** In one study, researchers compared a group of experienced mindfulness meditators with a control group that had no meditation experience. They found that the meditation group had significantly better performance on all measures of attention and had higher self-reported mindfulness.
- **Increased relationship satisfaction.** Evidence suggests that mindfulness protects against the emotionally stressful effects of relationship conflict and is

positively associated with the ability to express oneself.

“Life can be found only in the present moment. The past is gone, the future is not yet here, and if we do not go back to ourselves in the present moment, we cannot be in touch with life.”  
—Thich Nhat Hanh



## Quick Links

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