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| 1. **NAME** of the resource / tool
 | **Mindful Moments\_Partner Exercise** |
| 1. **WHAT** is the purpose of the resource / tool?
 | This partner exercise is designed to help leaders who are new to mindfulness how they are already practicing and benefitting from moments of focused, calm and centeredness. |
| 1. **WHO** developed the resource / tool? (If it was adapted from an existing document, please include a citation for the original source.)
 | Developed by Capacity Builder Kara Coleman. |
| 1. **HOW** should the resource / tool be used?
2. *What circumstances are ideal/appropriate?*
3. *By whom and when?*
4. *Is a particular skill set or special preparation needed?*
 | As a reference for exploring:How we practice mindfulness in our leadership roles, whether we realize or not.What being ‘mindful’ feels like.How being ‘mindful’ can benefit leaders, especially during stressful times. |
| 1. **WHY** is this resource being recommended? (What makes is especially effective or useful for community-based work?)
 | There are a lot of misconceptions about what being mindful means or entails, and this exercise can help individuals recognize how relatable and beneficial practicing mindfulness can be. It also helps new practitioners build confidence in their ability to understand and practice mindfulness. |

