

# Orly Maravankin of Edge Consulting to be Featured on CUTV News Radio

PHILADELPHIA, PENNSYLVANIA, UNITED STATES, December 11, 2018 /EINPresswire.com/ -- The work environment today is Volatile, Uncertain, Complex and Ambiguous (VUCA). We are constantly distracted by the sheer amount of information coming our way, often stressed and stretched too thin, making it difficult to remain focused. But productivity requires focused attention. So people need to acquire skills to remain focused, engaged and productive.

Orly Maravankin, the founder of Edge Consulting, says that more distractions outside require greater focus inside. The first key step in working with leaders is to help them push the PAUSE button, stop and pay attention; monitor themselves. Leaders need to have the space to become aware of what is going on “inside”—notice their thoughts, feelings, internal distractions and reactivity; in other words build their self-awareness.



Edge Consulting is a coaching and consulting firm specializing in executive coaching and mindful leadership programs in corporate settings. Coaching and mindfulness combined help leaders to build Emotional Intelligence (EI) — considered a key leadership competency and a key predictor of success.

When people experience stress, which is a commonplace in VUCA, their attention narrows to focus on the cause of stress and the brain executive functions are hijacked. Mindfulness trains the brain to focus attention on purpose. Leaders become more aware of what triggers them, learn to regulate triggers, manage emotions and reduce stress. They respond, not react. Self-awareness and self-management are 2 foundational EI skills.

With mindfulness it also becomes easier to recognize how other people feel. Dr. Maravankin says another important aspect of EI is social awareness and empathy, when leaders develop an appreciation that their team is comprised of human beings with their own challenges, pressures and anxieties. Through empathy the conversation changes to one that opens people's hearts and minds and build trust. When the conversation changes, solutions can happen.

“Mindful leadership is about how leaders show up” says Maravankin. “It relates to how they listen, how they speak and how they manage themselves. We know that leaders are at their best

when they can stay tuned and really listen to what people on their team are trying to communicate, verbally and non-verbally. Everyone wants to know they are being heard and respected.”

“A big passion of mine is helping leaders excel in the environment today that can be so taxing to anyone, especially to leaders themselves because they are under enormous pressure. Mindfulness facilitates a mindset that is more relaxed and open for problem solving and creativity.

According to a recent Gallup study, only a third of employees worldwide are engaged at work. If we are not engaged, our productivity is going down. Through mindful leadership practices, leaders can reduce stress and increase focus. Less stressed leaders also mean less stressed employees, because emotions especially of leaders are contagious, increasing the wellbeing of the company as a whole.

The logo for EDGE CONSULTING, with 'EDGE' in a bold blue font and 'CONSULTING' in a lighter blue font.

CUTV News Radio will feature Orly Maravankin in an interview with Doug Llewelyn on December 13th at 3pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Edge Consulting, visit [www.edgeconsultinginc.net](http://www.edgeconsultinginc.net)

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