



SIGMA's Mindfulness Seminar Enables Growing Business to Develop Valuable New Leadership Competencies

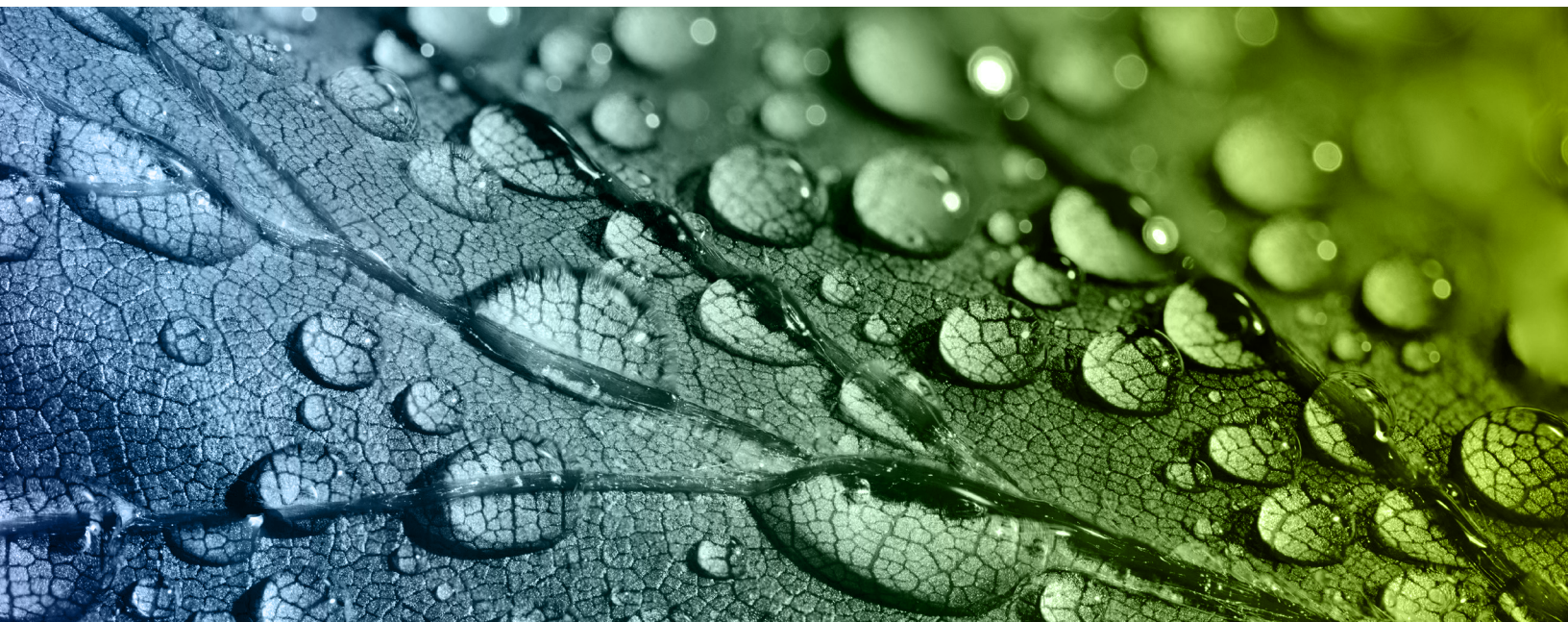


Martha Huk is an engineer by trade with a passion for design. She started renovating houses as a hobby over a decade ago, while working as a design engineer for General Dynamics Land Systems. In 2015 she combined her engineering background with her love of the creative and opened Hedgeford & Berkley, a successful and innovative home and office renovations company.



BUSINESS CHALLENGE

With her business in the critical start-up phase, Martha Huk, owner and project lead at Hedgeford & Berkley, was working 20-hour days. She realized that the amount of energy she was spending on her enterprise could not be maintained. She was exhausted and needed to do something to regain her energy and passion if she was to continue to build a sustainable business. Mindfulness was not a part of her home and work strategy because she was just focusing on surviving. Huk reflects: "I got to a point where I was saying to myself, you can't keep living like this, you have to stop doing what you're doing." Huk realized that a change was necessary, both for the health of her business and herself.



→ BUSINESS SOLUTION

Hedgeford & Berkley took on a design and renovation project at the SIGMA offices. Huk recalls, “The reason we took them on was because they seemed like a very progressive company, and they actually cared about the wellbeing of their own employees and the environment that they were working in, which aligned with our values.”

While Huk was working on the office renovation, she was invited to join a day-long SIGMA seminar on mindfulness. That day was to become life changing for Huk. She recalls, “I hadn’t planned to attend any seminars because I was focusing on the renovation project. But, since I had gotten to know the SIGMA team and I was impressed by their depth of leadership knowledge, I thought it was really crucial to get as much information and training as possible from them.” She continues, “I thought that what they were doing was important and had the potential to be a game changer. They were offering me help, and I embraced the opportunity to learn how to be a more focused, mindful person and business leader.”

→ BUSINESS RESULTS

SIGMA changed the way Huk approaches her business. She appreciated their inclusive training methodology, commenting, “They were open-minded, non-judgmental and they listened. They were there to help me through every step of the process.”

Key take-aways that Huk learned from the SIGMA Mindfulness seminar, included:

HONING CRITICAL COMPETENCIES, INCLUDING JUDGMENT AND DECISION-MAKING SKILLS: She was able to focus on her best abilities and leverage her character strengths. This gave her a sharper focus on her goals and forward strategies.

INTERPERSONAL SKILLS AND EMOTIONAL INTELLIGENCE: She learned to pay attention to what is happening in the present moment and strengthen her own beliefs in openness, kindness and curiosity.

WORK-LIFE INTEGRATION AND STRESS REDUCTION: She discovered ways to reduce her stress and increase her wellbeing, beginning with allowing herself to have work-life balance and encouraging the same in her employees.

SIGMA taught Huk to see and interpret challenges and opportunities like she never had before. She comments, “If you can follow the process and work through things with SIGMA, then they really will improve the way you approach your business challenges.”

Huk concludes, “I hadn’t had a day off in a year, and after SIGMA’s seminar I took the rest of the day off. I remember it so vividly, because I’ve never allowed myself to do that before. Sigma’s Mindfulness seminar was extremely beneficial. I truly believe they improve the lives of business leaders, both at work and at home.”