

1: Learnings in Leading a Consulting Practice – Part II

A 2nd degree of Deep Practicing implies breaking the task into the smallest possible chunks. The former idea of Chunking is now taken into extremes. While working on a piece of music, the deep practitioner will divide each musical bar and study it as a new and autonomous identity, randomizing the execution of the various.

In this blog we will consider the basics of what the solution should look like. Each encounter with a patient is treated as an isolated one with the underlying assumption that this patient will not necessarily return for another consultation. For Physicians, this approach is antithetical since they deal with an increasing number of Chronically ill patients who require lifelong care. This automatically reduces the perpetual craving for new patients and ensures a stable regular income. This is not a new concept. Once upon a time, family physicians were common and would provide this level of service. To them I say- Great carry on! But then why the constant desire to acquire new patients? So, a deep long-term relationship with an operated patient can potentially generate huge volume of referrals over time. Every surgeon that I have interacted with, has vociferously affirmed that their satisfied patients have referred many others to their care. Most surgeons try to maintain a long-term relationship with their patients but lack the tools and the know how to do this effectively and systematically. The core of any relationship lies in the degree and quality of communication present between the parties. When we deal with chronic conditions, effective communication becomes critical. Presently most doctors communicate with their patients using the following methods channels: The Hon Supreme Court has clearly stated that giving advice over phones should be avoided. Remember the operating principle is: In conclusion, these communication methods do not satisfy both the parties – the doctor and the patient. There is a long term preferably lifelong outlook It is based on mutual faith and trust It treats the patient as a whole and not just one aspect i. Data base with the clinical record of patients Relevant clinical communication based on records available Monitoring of key clinical parameters of the patient for regular updates on their health status Personalised, meaningful and long-term communication with the patient. The Solution Building a relational practice is possible through the use of technology-based services. Technology can equip us to: Reach out to patients without physical limitations Improve patient compliance and clinical outcomes Improve patient satisfaction Be legally safe by easy storage of medical records However, there are many solutions available in the market making it confusing to choose the right one. The following points should be kept in mind while choosing a solution: We need to synchronize our practices in line with the new technologies that are available. It is not difficult just needs a change in the attitude. I would be happy to answer any queries and look forward to suggestions and advice from colleagues. In case you are looking for a solution that fulfills these needs please register for a personalised demo by clicking on:

2: The Musician's Way | Gerald Klickstein | | Oxford University Press Canada

A process of practicing in slow motion - while being fully mindful, highly engaged, and thinking deeply in real-time about what he is doing. So next time you go for a piece, don't speed things up. Concentrate on your bow articulation, left and right hand coordination, and intonation - one bar at a time.

Mindfulness is a state of active, open attention on the present. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience. This article will describe additional steps for individuals with ADHD to take to practice mindfulness skills. Slow Down Especially if you are anxious or have a lot of adrenaline, take a deep breath and slow down. When you have calmed your system through meditation and a meditative approach to life, going to a deep state of relaxation will not be such a major transition. In the meantime, take time to settle down before you meditate. A hot bath might do the trick, or listening to soothing music. Set a timer for a wind-down ritual. Be Active While Practicing Mindfulness If you are active while practicing mindfulness, do not change this aspect of yourself. Moving meditation is as good as the sitting variety. It is a better choice for the active individual with ADHD. We recommend that the activity you choose for meditation be something simple and repetitive, like walking. The thoughts in your head may still be clamoring for your attention. What do you do? When you notice your attention drifting toward that thought salad, gently disengage your attention and bring your mind back to your focus. At first, and especially on those bad brain days, you will repeat this process a lot. In addition, this article has provided readers with two specific strategies to practice mindfulness with ADHD. They include slowing down, in addition to being active while practicing mindfulness. If you suffer from ADHD, continue using these two strategies to practice mindfulness skills and incorporate them into your daily routine. Steps To Practice Mindfulness: I am currently heading into my final semester of graduate school for Mental Health Counseling in the Spring of Through my own experiences with mental illness, I love to inspire others through my writings and reassure them that they can live healthy, productive lives, despite mental illness. I hope you enjoy my articles. Feel free to comment. Retrieved on November 15, , from <https://>

3: What Is Deep Practice – Part II | Maximizing Performance: The Mindful Practice Process

Part 2: Deep Tissue Strategies (DVDs 3, 4 and 5) Hundreds of strategies to integrate into your practice, including: The Legs and Pelvis Balancing the Ankle and Foot and Increasing Mobility.

Nuno Marinho Leave a comment A 2nd degree of Deep Practicing implies breaking the task into the smallest possible chunks. The former idea of Chunking is now taken into extremes. While working on a piece of music, the deep practitioner will divide each musical bar and study it as a new and autonomous identity, randomizing the execution of the various bars which the piece is composed. Each fragment can also be altered in to new rhythmic variations. The goal here is to enable the student to link the notes of unrelated series. The 3rd degree of Deep Practicing comes in the form of slowing down the executions tempo of the task at hands. For the aspiring virtuoso guitarist this one easily rings the bell. There is a consensus in the community everyone seems to regard: If you want to play faster bring the metronome down to the slowest possible tempo. The glacial pace of execution is known to be extremely difficult to maintain, but the fact is that it brings perfection to the execution by putting aside shallower forms of practice. Moreover, going slow allows you to attend more closely to errors, creating a higher degree of precision. This is what makes myelin grow: Experts practice far more strategically. Failure is not a result of luck or something to blame on themselves. Experts built a strategy to practice and performer and when something fails they have tools to fix it. Do mind that practice does not lead exclusively to skill acquisition. Practice goes beyond skill. Through practice, the experts develop detailed tools that allow them to control and adapt their performance, fix problems and respond to new situations. To sum up, Deep Practice implies the following: The observation and imitation of the Masters and Expert Performers by grasping the object of study as a whole.

4: Head Hopping and Hemingway, Part II - The Write Practice

Tutorial Deep Learning: Practice and Trends. Nando de Freitas, Scott Reed, Oriol Vinyals. Part I: Practice. The Deep Learning Toolbox Part II: Trends.

5: Re-imagine Your Practice-Part II The solution - Dr. Shenoy's Blog

This jazz guitar class builds on the foundations established in Part One of a guide to practical comping, to expand the vocabulary to the point where we can comp with total melodic freedom over any almost any kind of harmonic situation.

6: Place Value Practice: Part II | Worksheet | www.enganchecubano.com

Description. Based on the popular 7-DVD set by Art Riggs, Certified Advanced Rolfer, CMT, this advanced practice home study course clearly demonstrates the principles necessary for deep tissue massage that's safe, sensitive and efficient.

7: My Violin Lessons: Practicing Slowly Part II: Make Your Piece Unidentifiable

Practicing Deeply, Part II The Craftsmanship of Practice Starting New Material Managing Repetition Solving Problems 4. Practicing Deeply, Part III Ripening Your Repertoire Taking Breaks Memorization Concepts Memorization Strategies 5.

8: How to Practice Yoga, Part II | Maria's Farm Country Kitchen

An "Episodic" practice is a mind-set regarding practice that is focused on the here and now. Each encounter with a patient is treated as an isolated one with the underlying assumption that this patient will not necessarily return for another consultation.

9: Steps To Practice Mindfulness: Part II | Living with ADHD

Betsy DeVos wants to use "enhanced accountability" to punish those teachers who work in the inner cities. Similarly, you want to punish those physicians who care for the poor, the sick, the uneducated, and the disabled, thereby denying those patients access to medical services.

The Sound of Hills Governmental and not-for-profit accounting environment and characteristics Getting started with the TI-86/85 graphing calculator Simulation and Knowledge of Action (Advances in Consciousness Research) Asymmetric cyclopropanation via catalysts incorporating the 1,4-diol ligands and the newly designed dioxa Positively Single Your lie in april again piano 2013 polaris ranger crew 800 owners manual Magnus chase and the sword of summer lism Telluride, Pandora the Mines Above Truth Is the Only Profound The British Home Front 1939-45 (Elite) The Talent for Stupidity Nelson essentials of pediatrics 7th edition Sgt. Frog Volume 11 Cards against humanity disney expansion Emotional responses to the swimming experience as reported by skilled and unskilled adult swimmers A Military Genius Israel without the Bible Gary A. Rendsburg Heidegger And Rhetoric (Suny Series in Contemporary Continental Philosophy) Analytical testing and development by Anthony Ekpe and MaryJean Sawyer Counting for Something Spaleens and Tattie Hokers Coordinating information and communications technology across the primary school Of the Books of the New Testament. The performativity of word, space, form V. 6. PLRE 138-150 Managing urbanization with vector GIS Designing With Coreldraw 5.0 (Prisma Be An Expert! Series) The first weekend Trouble in Pembroke (Dog Watch) A passion for specialty paper Are 144 reinsurance principles and practices Lippincotts state board review for NCLEX-PN A problem solving approach to mathematics for elementary school teachers Review Questions 160 Its their business, too Recent American foreign policy High-pressure geochemistry and mineral physics Tata technologies aptitude test papers