



# ATTENTION

A series of paintings based on Mike Jay's work exploring five important areas for focusing attention.



# ATTENTION

This is a painting of current conditions...the many things that we we are called upon to pay attention to, to manage, to make sense of for ourselves and others. These conditions are neutral in and of themselves, and yet it is critical that we manage them mindfully so that they do not end up "having" us.



# INFORMATION

Information flows in from a variety of sources in a variety of ways constantly and repetitively. How a leader manages these thousands upon thousands of bits of information can be critically important. This painting alludes to systems and processes to handle the flow of data.



# TIME

Time is relentless. It just keeps on ticking away regardless of what we do. People talk about managing their time but the truth is that we "spend" time. This painting has lines reminding us that we are tied to time. There is also space outside the hourglass shape to accommodate automated systems that work without our direct time expenditure.



# ENERGY

Energy is central to determining the successful focusing of attention in all areas. Energy – although renewable – is not infinite. We need to utilize our energy wisely.



# ACTION

The white and yellow line streaks across this work, and the results of effective "action" explodes into a rainbow of colours.



# MOTIVATION

The object at the top left of the painting represents a clearly identified goal. How do we motivate ourselves in a way that is natural for us and that also engages others?

# SANDY McMULLEN



Sandy is an artist and a coach. She has been exploring emerging themes around the “art” of leadership through her painting and work with leaders.

Leaders must engage in new ways that incorporate accessing a deeper way of knowing. Art and artistic concepts and processes such as engagement, mindfulness, observation and play help access the other 95 % of the brain that is not engaged in logical conscious thinking.

These paintings are meant to provoke and stimulate engagement in Mike Jay’s important ideas on ATTENTION. The thought is that they will encourage new ideas and ways to take this work on Information, Time, Energy, Action and Motivation and integrate it into how an individual invests this material as their own.

Original art and archival quality limited edition signed giclee prints are available from the artist at [www.sandymcmullen.com](http://www.sandymcmullen.com). Sandy can also be reached by mail at [sandymcmullen@sympatico.ca](mailto:sandymcmullen@sympatico.ca) or by phone at 416 425 0496.