

## **The Impact of Mindfulness on Employee Job Performance: A Study of Banking Sector Employees in Sri Lanka**

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Even though many determinates of employee performance are founding extend literature, mindfulness is little investigated, and the effects on employee performance in the Sri Lankan context, it is not adequately studied yet. Bridging the gap in the context, the current study assessed the impact of mindfulness on employee performance in the banking sector of Sri Lanka. The current study was conducted under the quantitative, deductive approach and cross-sectional, field study among a sample of one hundred and thirty-four employees selected from leading three banks, following the convenience sampling technique. Primary data were collected through a standard questionnaire distributed via Google forms and printed on papers through a survey. It is found that there is a moderate positive relationship between mindfulness and employee performance, and also a positive impact of mindfulness on employee performance is found. It is recommended to do more mindfulness related studies in this context and also recommended to have training and development and mindfulness more focus on mindfulness building to get the outcome of employee performance.

***Keywords:*** *Banking Employees, Employee Job Performance, Mindfulness*

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