

## **Mindfulness & Leadership**

### **Examine Mindfulness as a way to fine-tune your leadership style**

*Mindfulness is fast becoming the most popular method to alleviate anxiety, stress and even depression. It helps to make you feel more fully alive and focused.*

Mindful or Awareness-based Leadership is the conscious, intentional process of stepping back, paying attention within ourselves and outside of ourselves, to lead forward with greater authenticity, purpose and contribution.

This value-creating practice engages deeper examination, higher-order logic, rational analysis, profound questioning, deeper listening, higher quality presence, broader perspective, greater openness to diverse thinking and input and ultimately more influential, innovative action.

It is unrealistic to expect leaders to use the same approaches to manage the increasing demands, complexity of issues and faster pace. There is a need to develop alternative strategies and to be more effective as leaders requires agility and mindfulness.

### **Learning Outcomes**

#### **At the end of the programme, participants will:**

1. Be knowledgeable about the foundation of Mindfulness
2. Understand the need for Managers to adopt different strategies to deal with the complexity and demands of the world today
3. Be familiar with practices and methods that support mastering mindful techniques
4. Have experienced a guided meditation

### **Programme Format**

Mindfulness and Leadership is typically delivered in a half-day classroom format, using an open layout with no tables. Depending on the space, chairs are replaced with floor cushions and participants are encouraged to be relaxed and aware. Less formality and traditional learning spaces are encouraged to create the right atmosphere and ambience.

### **Methodology**

This interactive programme is built around facilitator inputs, plenary discussions, group work, individual practice and reflective exercises. Skill-building, experimental and participant-centric learning methodologies are utilised throughout the workshop. Participants will have ample opportunity to explore the content from various angles in order to develop their personal mindfulness-building strategies and leadership practices.