

Outcomes

Leaders will learn simple mindful practices that can increase their ability to manage stress, make good decisions, and manage others

Mindful Leadership: An Introduction

A Google search on “mindfulness at work” results in twenty-three million hits! Mindfulness is everywhere! The practice of meditation has moved from the fringe to the mainstream. What’s it all about? What does it have to do with leadership? Should you care?

Simply put, mindfulness is about becoming fully present, becoming less reactive and more aware—it’s about better managing your attention. Attention is our most precious resource and the demands that are placed on it increase every day.

Mindfulness practices—even simple ones that require only moments—can help you make better decisions about how to manage your attention.

This highly experiential session will provide you with an overview of mindfulness—as well as easy to implement practices to help you become more mindful.

Key Content:

- A definition of mindfulness and how it works—with a focus on the management of attention at work
- Tools for developing your own ability to be present and mindful
- Strategies for creating a more mindful and productive workplace

Length:

From a one-hour presentation to a full-day workshop. Content and depth of presentation and activities adjusted based on time available.

Who can benefit?

All levels of leaders