

MINDFULNESS LEADERSHIP

Would you love to learn one skill that would improve every aspect of your leadership, plus increase your happiness? The great news is you can, through the science of mindful leadership!



Mindful leadership is an essential skill for being an effective leader. As a mindful leader you develop a high level of self-awareness, wisdom and self-mastery, which allows you to bring your best self in all aspects of your work, by greatly improving your emotional intelligence and business acumen.

What is a Mindful Leader?

The core of being a mindful leader is about developing a high level of self-awareness and integrating mindfulness into every aspect of your life, both at work and at home. Intentionally acting in a highly ethical manner and cultivating a highly refined knowledge of yourself, or self-wisdom, is essential.

Self-awareness is the most important leadership skill for leaders as it can affect all other leadership skills. Science has shown that practicing mindfulness significantly improves self-awareness, thus improving every other leadership skill impacted by self-awareness.

Sometimes our thoughts can convince us that they are in charge and they have the right to take us wherever they want to go. Yet our thoughts are not facts. By practicing mindfulness, you will develop an objective, third-person way of analysing your thoughts, allowing you to have an objective self-awareness whenever you choose to have it. This enables you to intentionally engage in thinking or planning, or another activity that requires your attention, rather than being distracted and identifying with your thoughts.

Duration - Mindfulness Leadership Workshop:

3.5 hours

As a mindful leader you will:

- » *Have improved emotional intelligence*
- » *Be more inspiring, effective*
- » *Make better decisions*
- » *Have improved business acumen*
- » *Be more innovative*
- » *Have better strategic thinking*
- » *Develop greater team-building skills*
- » *Act with integrity that inspires others*

By participating in our Mindful Leadership workshop you will learn 11 mindful leadership exercises and activities to help you develop your mindful leadership practice:

1. *Know yourself, master yourself*
2. *Listen first, speak later*
3. *Turn downtime into ultra-productive time*
4. *Slow down to speed up*
5. *See opportunities where others see problems*
6. *Do less to get more done*
7. *Cultivate kindness and compassion*
8. *Let go of your ego*
9. *Make meetings mindful*
10. *Stillness in community*
11. *Deepening relationships with mindful communication*

To arrange your session, please contact HR Partner, Kim Ahern on 09 948 2105 Or, email kim@pod.co.nz

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