

MINDFUL LEADERSHIP

Developing
resilience in
ourselves and
others.



Now, more than ever, being a mindful leader really matters. Not only can it help us be more effective in our own work but it also helps us create an environment where others can grow and develop with ease too.

So many people believe that they can get more done if they switch to automatic pilot or multi-task their way to achievement. However, mindfulness teaches us that by slowing down we can speed up! This is because a mindful approach allows us see what's really happening, rather than running with the assumptions that a frantic mind creates. Mindful leadership also helps us strengthen our ability to connect to ourselves and to others, and so helps us initiate change in a way that creates less stress for everyone.

Someone with a robust mindfulness practice will recognise their own shortcomings and will be happy to communicate those areas of improvement to those around them. Mindfulness improves people's listening and communication skills, it helps them stay calm in pressure situations and it can significantly improve mental well-being.

Through simple, scientifically proven processes, mindfulness helps us to quieten our minds, find our own inner compass and stop taking that little voice in our head so seriously. The approach is now being used all over the world by high achievers in business, sport and education to help them achieve more with less stress.

This Mindfulness program covers:

- Developing self awareness
- Being present in the moment
- Creating an environment of compassion
- The power of vulnerability
- Staying poised under pressure
- Developing the well-being of ourselves and others
- Improving connection and collaboration
- Developing rational thinking

Your presenter:

John Shackleton

With a background in Sports Psychology, John has been a speaker, and trainer to the business world for over 35 years. He has coached world champions from the sporting world plus top performers in business. Now he is helping us to perform at our best, achieve our goals whilst reducing our stress levels by teaching the development of resilience through mindfulness practices.