



MINDFUL LEADERSHIP

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FOR LEADERS AT ALL LEVELS

The practice of being attuned to what's happening within you and around you, in the present moment, and with less judgment can greatly impact the way that you process, experience the world, and lead others. Leaders can use mindfulness practices to cultivate presence, improve resilience and emotional intelligence and increase creativity.

ABOUT OUR WORKSHOP

Participants will try out mindfulness and emotional intelligence skills and tools and explore the benefits and possibilities of creating regular practices. Through experiential learning, participants will develop an understanding of the impacts of mindfulness in leadership roles and what leaders can do to integrate mindful practices into their daily habits and teams.

DURATION: 2-4 hrs

PARTICIPANTS: 10 minimum; 40 maximum

SCHEDULE: Contact to schedule a program

