

Mindfulness and Leadership: A Program for Managers

Course Summary

Description

The practice of mindfulness – centering your attention in the present – has been around for thousands of years. A growing body of research is demonstrating it can have a powerful impact on how people think, feel, act, relate, perform, and collaborate at work.

Today, many organizations are investing in mindfulness training programs for their managers and leaders to improve their decision-making abilities and their overall level of health and wellness.

This workshop, facilitated by a long-term workplace mindfulness practitioner, will include two meditation practice sessions. Put into context through the five virtues of great leaders, you will learn how to practically apply mindfulness to the meetings you lead, the decisions you make and the ways you inspire your team. The program is designed to provide the foundation for creating lasting personal change towards being a present and authentic leader.

Objectives

After taking this course, students will be able to:

- Learn the art of meditation, the science behind it and how to apply it to daily life as a manager and a leader
- Realize the difference between managing and leading
- Learn the five virtues of a great leader and how being mindful helps to walk the talk
- Learn about situational leadership and how being mindful enables one to be flexible and strategic seeing the whole picture
- Learn coping strategies, methods, tools, and practice how to deal with a variety of difficult situations

Topics

- Mindfulness Practice
- The 5 timeless virtues of great leaders
- The Flexible Leadership Model
- Critical Thinking and Leadership
- Communications and the Four Questions for Clarity

Audience

This course is designed for supervisors, managers and leaders who want to improve their self-awareness, decision-making abilities, and increase personal resiliency.

Prerequisites

There are no prerequisites for this course.

Duration

One day

Mindfulness and Leadership: A Program for Managers

Course Outline

- I. Mindfulness Practice**
 - A. Secular Meditation
 - B. Tools and methods
- II. The 5 timeless virtues of great leaders**
 - A. The Level 5 leader
- III. The Flexible Leadership Model**
 - A. What kind of a leader are you?
 - B. How an effective leader has to be flexible and lead based on the situation
- IV. Critical Thinking and Leadership**
 - A. Learning to park the emotion through mindfulness and to think logically and rationally
- V. Communications and the Four Questions for Clarity**