



## Mindful Leadership

a brain-training clinic to increase attention, focus, clarity, presence & personal productivity

### What's this about?

Across the globe, there's a new generation of leaders seeking to integrate mindfulness into their leadership lives and practice - not just to improve their personal productivity and performance, but to learn how to be more present, self-aware, focused, connected, less stressed and more emotionally balanced.

This 1-day clinic extends our 10 years of EI coaching. It looks at what it means to lead mindfully and introduces 5 mental markers and simple brain-training tools to transform how you lead.

### Learn how to...

- Lift your level of clarity, focus, presence and attention
- Attain higher levels of self-mastery and personal productivity
- Use focused-attention tools to train your brain to be mindful
- Strengthen your reserves of resilience and sense of well-being
- Reduce stress and anxiety and curtail confusion and distraction
- Be more calm, connected, balanced and even-minded
- Get back in tune with what really matters in your leadership-life and rediscover your inner-capacity to lead

### Topics we cover...

- Mindfulness, emotional intelligence & self-awareness
- Being present and focused – seeing what 'is'
- Brain-training: neuro-science facts of mindfulness
- Seeing systemic relationships - making decisions mindfully
- The 5 mental markers of mindfulness training
- Managing mindfulness: practising focused attention
- Mindful conversations: the discipline of dialogue
- Mental discipline: mindfulness meditations-practice
- Being with your body – tune in to physical presence
- Re-engaging: presence, purpose & personal productivity
- Medicine of mindfulness: well-being, stress-relief & resilience

### Is this right for you?

This clinic is aimed at leaders and other professionals from any walk of work life who want to reinvigorate themselves and refresh their leadership practice through learning the mental disciplines of deep self-reflection, focused attention and mindfulness



Neuroscience and leadership discoveries in the last decade show that mindfulness training can have practical benefits and paybacks – it reshapes habitual neuronal pathways, has a healthy impact on brain function and can help leaders find a haven of clarity, calm and focus in a maelstrom of uncertainty...

### Course Features...

- Use and practice 5 Mental Markers and simple focused-attention tools to increase mindfulness
- Take-away a 75-page self-coaching guide
- See where you are on our mindfulness dashboard
- Design a practice-regime to train your brain to be more mindful and self-aware
- Take up our optional coaching extension – a second day with more intensive practice of tools

### Course Details...

**Duration:** 1 day with coaching extension option

**Fees:** \$495 standard... Discounts offered by email  
School, group & NFP discounts available

**Locations & Dates:** see our [2014 Course Calendar](#)

**Registration:** [On-line](#) or Email/Fax Brochure form