

The Mindful Leader

Setting the Foundation of High Impact Leadership

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A new way in leadership

The Mindful Leader

The Mindful Leader program provides leaders with an experiential and impactful introduction to the practice of Mindfulness. Participants will learn how Mindfulness supports effective leadership and will leave equipped to start their own practice. Using a highly experiential format, participants will learn and practice several forms of formal mindfulness practices in addition to experiencing the powerful impacts of mindful presence and focus. Mindfulness practices and tools for use during everyday activities will be taught so that the practice and its benefits can be applied immediately.

Injecting a corporate culture of mindfulness not only improves the ability to pay attention and sustain your focus, but also the ability to manage stress and how employees work together. A study has showed 46.9% of the time our mind is wandering. That means that nearly half of the time we are not focused on the task at hand.

Fortune companies like Google, SAP, Nike, Apple, Aetna, General Mills, Intel, Siemens, Deutsche Telekom run programs with incredible success stories. Investing in mindfulness is investing in a more engaged workplace culture that gives people a sense of satisfaction and purpose.

The outcome is:

- Mindfulness reduces employee stress and mitigates the risk of burnout
- Brings focus to presence and customer interactions. (e.g. Pitches)
- Higher productivity and boost in creativity and innovation
- Better self-awareness to manage team and own self
- Higher employee retention. Mindfulness reduces unwanted turnover
- Employer attractiveness

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What will The Mindful Leader cover?

This is a highly experiential training using multiple presentation media. Participants will learn/experience:

- Explore the definition of Mindfulness
- What It Is and What It Isn't (including Meditation versus Mindfulness)
- Insight into the benefits of Mindfulness for Leadership and Management
- Insight into the benefits of Mindfulness in the workplace
- A Process of View of Mindfulness.
- Benefits of Mindfulness – The Why
- The Science of Mindfulness – Brain, Mind and the Body
- Instruction and Practice of at least 4 types of formal Mindfulness practices
- Introduction and Practice of several everyday tools to introduce Mindfulness into everyday activities
- Mindful Listening
- Mindfulness in Connection – A Compassion Exercise
- Guidance on How to Begin a Personal Practice (including buddies for support and accountability)

Stephen's spiritual insight and practical experience are of great value to anybody who wants to learn more about meditation techniques and mindfulness. I also highly recommend working with Stephen for introducing mindfulness in a business context."

- DR. HOLGER ROHDE,
LEADERSHIP CONSULTANT

Duration: Half day, full day or two day introductory in person workshops followed by 6 – 8 weeks of 60 - 90 minutes weekly virtual or in person sessions.

Date: Bespoke to your company's needs.

Contact: stephen@lea-p.com to find out more how we can help implement Mindfulness into your company.