



Mindfulness for Managers

Mindfulness is about actively paying attention to what is actually happening in the moment, in order to respond with integrity and thus remain focused on our strategic results. This enhances our ability to succeed in today's ever more dynamic and complex world. This masterclass is designed to help team leaders and senior managers become less stressed and defensive, and consequently more resilient, emotionally intelligent, and authentic as leaders and in their professional identity.

Recommended audience

This masterclass is designed for:

- Managers who want to lead with self-awareness, confidence and influence and who would like to inject longevity and sustainability into their work lives, prevent management burnout, and generate performance in a respectful and compassionate manner
- Experienced, new and emerging and managers who want to develop self-awareness, emotional intelligence and authenticity for professional effectiveness and personal well-being

Key benefits

By the end of the masterclass participants will be able to:

- Build stronger personal impact, influence and effectiveness in the workplace
- Enhance the way you manage relationships, judgment, problem solving and decision making in high pressure situations
- Enhance leadership effectiveness by remaining focused on values, priorities and results when others get derailed
- Develop higher self-awareness and manage thoughts and feelings better
- Create greater personal resilience to thrive under pressure
- Achieve better balance in your general outlook
- Achieve enhanced business outcomes through insight into yourself, others and the wider organisation

Topics to be covered

- Mindfulness as a basis for innovation, productivity and well-being
- Management from both a personal and contextual perspective
- Mindfulness to generate focus and integrity in both yourself and your organisation
- Practical skills in the application of mindfulness-based leadership
- Mindfulness in the workplace and integration into company culture

Length of session

One full-day of combined short interactive lectures and group discussions

