

22. The Mindful Leader

Overview

The business world is changing like never before and the pace of change requires solid, thoughtful leadership. When faced with greater responsibilities and pressures, how do mindful leaders slow down and focus in a 24/7 world?

In this course, you'll learn how mindfulness can strengthen your ability to pay attention to what's most important. You'll learn how mindfulness techniques can enhance your effectiveness as a leader and how to develop clarity and focus.

Additionally, learn how to:

- become fully present in the moment
- spot mindless behaviors that weaken effectiveness
- how mindfulness builds effective business relationships with your peers and direct reports

Learning Objectives

- identify key attributes of a mindful leader
- recognize the ways mindfulness can enhance leadership effectiveness
- identify mindless behaviors that can weaken a leader's effectiveness
- recognize key practices for resolving stress and developing clarity and focus
- recognize ways leaders can apply mindfulness practices in business situations
- recognize ways leaders can use mindfulness practices to build effective relationships