

Mindfulness and Leadership: A Program for Managers



Course outline

Provided by: Performance Management Consultants – PMC Training

Reference no. 204-16

Duration 1.00 day(s) | 6:00 hours ¹

Website link <https://pmctraining.com/training/mindfulness-and-leadership-a-program-for-managers/>

Fundamental Practices to be a more Effective Leader

Being a Manager/Leader is a challenging, complex, risky yet a rewarding endeavor. Staying grounded through the daily storms of uncertain, ambiguous and emotionally draining situations can be stressful. Being calm and collected through a typical volatile day requires a person to manage self and emotions by gaining space to put things in perspective – to keep a focus on the rational and logical - to get things done.

That is where the time-tested practice of mindfulness is important. Centering attention in the present moment with a focus on the breath has been around for thousands of years - now being validated through neuroscience for its effectiveness on clarity of the mind, for health and well-being. This will help manage stress levels for leaders think, feel, act, relate, perform, lead and collaborate by evolving safe and inclusive spaces for people to perform.

Many organizations are investing in mindfulness training programs for their managers and leaders to mitigate stress, gain mental clarity, and improve their decision-making and performance.

This interactive workshop, facilitated by a long-term mindfulness and martial arts practitioner, will include breath-centered practice sessions that are put into context through the five virtues of great leaders.

You will learn how to practically apply mindfulness tools to have an impactful leadership style to create psychological safety within the organization for diverse people to perform as a team, make difficult decisions and inspire people to action. The program is designed to provide the foundation for creating lasting personal change towards being a self-aware, courageous and authentic leader.

Learning outcomes

By the end of this workshop, you will be able to:

- Learn the art of meditation starting with a focus on the breath, the science behind it and how to apply it to daily life as a manager and a leader

¹ The course hours reflect teaching time that often correlate with continuing education credits (CEC) or professional development units (PDU). Please check with your profession's governing body, as there is no universal approach.

- Realize how stress is insidious and hampers clarity, good health, well-being and performance
- Learn to manage emotion and stress to move towards reason and logic to think rationally and make better decisions and create a safe space for people to perform
- 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 volatile, uncertain, complex and ambiguous situations by learning to stay calm and grounded

Workshop topics

- Mindfulness Practice – secular breath-based meditation – neuroscience-based tools and methods
- The insidious nature of stress and how mindfulness can help
- The five timeless virtues of great leaders – the Level 5 leader
- The Flexible Leadership Model – what kind of leader are you? How an effective leader has to be flexible and lead based on the situation
- Critical Thinking and Leadership – learning to park emotion through mindfulness and to think logically and rationally
- Mindful communications and the Four Questions for Clarity

Prerequisites

There are no prerequisites for this course.

Who should attend this course?

Supervisors, managers and leaders who want to manage themselves, emotions and stress to improve their self-awareness, decision-making, increase personal resiliency and leadership skills.