



Mindful Leadership

Cultivating Resilience and Self-Awareness

► Upcoming Sessions

01-05 Jul 2024	London - UK	\$5,950
26-30 Aug 2024	Paris - France	\$5,950
07-11 Oct 2024	Barcelona - Spain	\$5,950
02-06 Dec 2024	London - UK	\$5,950

► Training Details

Training Course Overview

Welcome to the "Mindful Leadership: Cultivating Resilience and Self-Awareness" training course. In today's fast-paced and demanding work environment, it's essential for leaders to have the ability to navigate complex situations with clarity, empathy, and adaptability. Mindful leadership is a proven approach that emphasizes the importance of being present in the moment, developing self-awareness, and cultivating resilience in order to lead with purpose and effectiveness.

This 5-day course will introduce you to the key principles and practices of mindful leadership. Through a combination of lectures, group discussions, experiential exercises, and self-reflection, you will develop a deeper understanding of yourself as a leader and learn practical strategies for applying mindfulness in your leadership practice. By the end of the course, you will have the skills and tools to cultivate resilience, enhance self-awareness, and communicate effectively in order to lead with purpose and impact.

Training Course Objectives

By the end of this training course, participants will be able to:

- Understand the principles and benefits of mindful leadership
- Develop self-awareness and reflective practices
- Learn effective communication strategies and exercises
- Build resilience and adaptability as a leader
- Create an action plan for integrating mindfulness into leadership practice

Designed for

This training course is suitable to a wide range of professionals but will greatly benefit:

- Current and aspiring leaders at all levels of an organization
- Anyone interested in developing mindfulness and self-awareness for personal growth and leadership development

► Training Details

Day One: Introduction to Mindful Leadership

- ▶ Definition and key principles of mindful leadership
- ▶ Benefits of cultivating mindfulness for leadership
- ▶ Self-assessment and reflection on current leadership style

Day Two: Developing Self-Awareness

- ▶ Importance of self-awareness in leadership
- ▶ Practices for developing self-awareness, such as mindfulness meditation and reflective writing
- ▶ Group discussions and sharing of personal experiences

Day Three: Mindful Communication

- ▶ Effective communication and active listening in leadership
- ▶ Mindful communication practices, such as non-judgmental listening and clear expression of needs
- ▶ Exercises to practice mindful communication in group settings

Day Four: Resilience and Adaptability

- ▶ Building resilience and adaptability as a leader
- ▶ Strategies for managing stress and overcoming obstacles
- ▶ Case studies and examples of leaders who have successfully navigated challenging situations

Day Five: Integrating Mindfulness into Leadership

- ▶ Applying mindful leadership principles in daily work life
- ▶ Creating a personal mindfulness plan for ongoing development
- ▶ Group discussion and action planning for implementing mindful leadership practices

▶ The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

▶ INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

Email: inhouse@anderson.ae

Anderson
Executive Development Centre

P.O Box 74589, Dubai, United Arab Emirates

Web: www.anderson.ae

Email: info@anderson.ae

Phone: +971 4 365 8363

Fax: +971 4 360 4759

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