



Mindful Leadership

What is this program all about?

This is a mindfulness and neuroscience-based leadership development program that trains people on various emotional skills to advance their emotional intelligence and leadership capability.

It enables people to explore their inner potential, experience the calmness within, and sharpen clarity of mind, thereby enhance leadership presence which is must in today's business world.

The purpose of the program is to optimize people. It helps them

- to bring an edge to their performance
- reduces stress, enriches wellbeing,
- enhances leadership abilities, furthermore,
- it enables people to become the catalyst in creating a joyful home, happier work-place.

The program provides an opportunity to people to refresh themselves and motivates them to striving for living life to the fullest, create a business impact and craft a better world around them.

Flow of the program

- Relevance of mindfulness in today's context
- Self-awareness
- Self-management
- Stress Management
- Motivation, optimism, resilience
- Empathy and relationship
- Compassionate leadership
- Communication with insights
- My commitment plans

Indicative Pedagogy

The program is focused on enhancing self-mastery and leadership through the scientific applications of mindfulness, backed by the insights from neuroscience. Mindfulness has been approached from a non-sectorial, non-religious standpoint. Scientific micro practices of mindfulness are the key building blocks of the program.

The theoretical construct of the program is consisting of mindfulness, neuroscience and relevant theories of behavioral sciences, especially emotional intelligence, positive psychology and behavioral economics.

The program would be delivered as an experiential learning workshop.

Scientifically proven age-old mindfulness micro-practices, mindful listening, mindful conversation, journaling would be used as a core learning tool. In addition, storytelling, appropriate movie or video clip, case studies from neuroscience, group activities, learning games etc. would be incorporated suitably.

The design is holistic, comprehensive, robust and benchmarked against some of the best programs in the world, designed by the best in the field of mindfulness, emotional intelligence, and neuroscience.

Who can attend the program (target audience)?

Program is suitable for people who are ready to enhance their leadership to the next level impact their performance, team, customer and organization positively. It can be appropriate for any management level; however Senior and Middle management executives might have higher scope of impacting based on the learning of this program.

Readiness of the program depends on personal awareness level of the individual participant rather than management level she or he is in.

The program has a scope of customization and can be curated based on a particular group's need or organizational context.

Target Industry Segment

The relevance of the program is industry agnostic and objectives of the program are relevant for all the industry. If there are specific learning needs of a particular group of people from a specific industry they belong to, the program can be customised.

What do I learn during the program?

People learn how to optimize themselves.

They don't get cognitive overload. Program doesn't burden their memory space too much. They learn how to practice self-awareness, how to regulate emotions through body awareness, they learn how to foster empathy and have mindful conversations.

People also develop a deeper understanding about confidence, motivation, creativity, communication.

It builds core emotional skills, train people on developing mental habits to harness compassion, raise kindness and build strong foundations for various social skills like influence, relationship, bonding, conflict management, and inspiring leadership.