
Becoming a Mindful Leader

Studies show that developing mindfulness and leading with empathy can truly transform your impact and ability as a leader. Mindful managers make better, more effective leaders who naturally engage their employees for consistently excellent outcomes.

This LIVE, interactive, instructor-led course provides you with the tools you need to become a mindful leader. Register today and you'll develop a greater self-awareness, expand your emotional intelligence skills, increase your influence, positively impact your company's culture and learn how to manage with empathy for lasting change.

Session 1

The Role of Emotional Intelligence in Leadership

- Explain how the ability to regulate emotions affects relationships
- Describe how emotional intelligence enables mindful leadership
- Understand how successful leaders use emotional intelligence to their advantage
- Discuss simple ways you can improve your emotional intelligence

Session 2

Develop Self-Awareness and Mindfulness

- Define mindfulness and self-awareness as components of emotional intelligence
- List the traits of mindful leaders
- Describe how mindfulness can enhance your leadership presence
- Explain how you can overcome unproductive habits through mindfulness
- Discuss ways your employees can benefit from mindful leadership

Session 3

Improve Results With Mindful and Emotionally Intelligent Communication

- Define a questioning culture and explain how it benefits an organization
- Understand ways you can address conflict with empathy and emotional mentoring
- Describe how mindful leadership positively influences company culture
- Discuss why an empathetic approach helps ease organizational change