



The Conference Board
of Canada

Le Conference Board
du Canada

Niagara Institute

Institut Niagara

WORKSHOP

Mastering Mindful Leadership.



Offered through The Conference Board of Canada's Professional Development Institute

Mastering mindfulness is the practical application of techniques in everyday situations. In this one-day course, participants will explore nine ways to become a Mindful Leader, and apply these techniques to real life leadership situations. The skills developed in the program enhance one's ability to lead successful meetings, successfully negotiate deals, improve time-management and team effectiveness, and improve judgement and decision making.

This program is highly experiential and primarily case-based, with situations that resemble real leadership scenarios you may encounter within your organization. This focus on practice and experience allows participants the ability to utilize the lessons learned immediately after completing the course.

Ideal for Leaders of

● Self ● Team ● Department ● Division ● Organization

Participants will learn how to:

- Become more aware of their own areas of strength and development;
- Create a plan to continue to develop mindful leadership skills;
- Learn to be more present and focused, regardless of circumstance;
- Understand how to better regulate emotions during stressful conditions;
- Practice techniques to reduce and manage stress;
- Learn how to apply mindfulness to all aspects of one's day, personally and professionally.

Mastering Mindful Leadership is the second workshop in the Mindful Leadership Series. It is recommended that you attend [Mindful Leadership Fundamentals](#) first.

If you have previously taken courses on mindfulness and would like to attend this workshop without taking the Fundamentals program, you will need to read Maria's book, *Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others* prior to attending.

Workshop Overview

IN-WORKSHOP PHASE	POST-WORKSHOP PHASE
Workshop Day	Takeaways and Learning Sustainment
<p>Apply the key elements of mindfulness.</p> <ul style="list-style-type: none">• Relaxation for focus and calm.• Mindful leadership self-assessment.• Class selected cases of the various 9 ways to be a Mindful Leader.• Learn and practice applicable Mindfulness techniques and apply to the class selected cases.• Cases discussed in small groups, followed by class discussion.• Develop your personal action plan for developing mindful leadership skills.	<ul style="list-style-type: none">• Program slides for your reference.• Continued access to The Mindful Leadership App.• Harvard Business Review Articles on Mindful Leadership by Maria Gonzalez.• Your personal action plan for developing mindful leadership skills.• Option to attend further programs and workshops at a preferred rate.

Program Partner

This program has been designed and is delivered by Maria Gonzalez and Gaetano Geretto.

Multiple Attendees

Maximize the benefits of this learning and increase the return on your investment by bringing this program into your organization or sending multiple people to one or more public sessions.

Call or email to discuss the benefits and special pricing.

Check NiagaraInstitute.com for the latest schedule and pricing.