



The Conference Board  
of Canada

Le Conference Board  
du Canada

**Niagara Institute**

**Institut Niagara**

WORKSHOP

# Mindful Leadership Fundamentals.



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

Mindfulness is the skill of being present and aware. This skill empowers a leader to stay focused and concentrate regardless of circumstances, as well as to remain calm in stressful situations. This program introduces participants to the fundamentals of being a mindful leader.

Using formal mindfulness techniques, including micro-meditations, and strategies for applying mindfulness to every interaction, participants will learn how to manage stress, create calm, and become more focused and present in their daily interactions.

This program trains the participant to sustain high performance and be resilient, regardless of circumstance. The skills developed in this program will enhance one's ability to lead successful meetings, speak and listen mindfully, successfully negotiate deals, improve time management and team effectiveness, and improve judgment and decision-making.

## Ideal for Leaders of

● Self ● Team ● Department ● Division ● Organization

## Participants will learn how to:

- Focus and remain present, regardless of circumstances;
- Regulate emotions under stressful conditions;
- Reduce and manage stress;
- Conduct mindful meetings, thereby increasing productivity;
- Apply mindfulness to all aspects of one's day and responsibilities;
- Create a plan to develop mindfulness skills, including mindful interactions.

This program incorporates traditional learning with individual work, and small group interaction. It focuses on practical exercises that allow participants to apply their learnings to both their personal and professional environments immediately.

Mindful Leadership Fundamentals is the first workshop in the Mindful Leadership Series. [Mastering Mindful Leadership](#) is the second workshop.

[NiagaraInstitute.com](http://NiagaraInstitute.com) 1-800-663-7305 [info@NiagaraInstitute.com](mailto:info@NiagaraInstitute.com)

# Workshop Overview

IN-WORKSHOP PHASE	POST-WORKSHOP PHASE
<b>Workshop Day</b>	<b>Takeaways and Learning Sustainment</b>
<p><b>Focus on the key elements of mindfulness.</b></p> <ul style="list-style-type: none"><li>• Key concepts of leadership/mindfulness.</li><li>• Health and organizational benefits.</li><li>• Multi-tasking.</li><li>• The 9 qualities of mindful leadership.</li><li>• Creating calm and effectively managing stress.</li><li>• External awareness—creating focus, being in the present moment, creating mindful interactions and meetings.</li><li>• Internal awareness—emotional regulation.</li></ul>	<ul style="list-style-type: none"><li>• Workbook for your reference.</li><li>• A copy of Maria’s book, <i>Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others</i></li><li>• Access to The Mindful Leadership App.</li><li>• Harvard Business Review Articles on Mindful Leadership by Maria Gonzalez.</li><li>• Option to continue your learning through the second workshop, <a href="#">Mastering Mindful Leadership</a>.</li><li>• Option to attend further programs and workshops at a preferred rate.</li></ul>

## 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](https://NiagaraInstitute.com) for the latest schedule and pricing.