



# Mindful Leadership in Action

How the discipline of mindfulness can transform you, your brain and your leadership performance...

Designed and delivered by  
**Bill Cropper**



A brain-training clinic for leaders to increase attention, focus, clarity, connectivity, presence & productivity...

## » The Move to Mindfulness



Across the globe, a new generation of managers is making bold moves to integrate mindfulness training into their leadership lives and practice – not merely as a way to improve their personal productivity and professional performance, but also to learn how to be more focused, connected, present, less-pressured, more stress-free and emotionally balanced. Why?

Because there's been a steep upturn in toxic workplace behaviour, titanic change and creeping complexity. The sheer number of leaders suffering stress and burn-out has doubled during the last decade. If you're a leader, you're more likely now to be lost in a maze of confusion, distraction, ambiguity, conflicting priorities, uncertainty, unrelenting pressure, stress and data-driven overload. That's not a pretty prospect!

Along with lots of other people, leaders are seeking ways to put in a peak performance without sacrificing their sanity and well-being. Recent neuroscience discoveries vividly show how mindfulness training can reshape neuronal pathways, exert a beneficial and healthy influence on brain function, and help leaders find a haven of clarity, calm and focus in a maelstrom of uncertainty.

## » What is "Mindful Leadership" about?

To be a good leader you first have to know yourself. Mindfulness springs from self-awareness (the first of our 7 practices of EI Leaders). *Mindful Leadership* extends our 10 years of emotional intelligence coaching into refreshing new personal frontiers. This 'minds-on' 1-day clinic:

- Looks at what it means to lead mindfully, explores neuro-leadership and emotional intelligence links of mindfulness training and its practical benefits and pay-backs.
- Introduces 5 mental disciplines, attention-focusing exercises and tools leaders can use to retrain their brains and rewire mental habits and neural pathways for greater self-mastery and personal productivity
- Shows how you can achieve more focus, connectivity, compassion, resilience, presence and emotional balance – all key aspects of emotional intelligent leaders.

## » What we cover in "Mindful Leadership"

- Re-engaging: presence, purpose & personal productivity
- Managing mindfulness: practising focused attention
- Brain-training: neuro-science facts of mindfulness
- Mindfulness, emotional intelligence & self-awareness
- Productive & unproductive emotional & thought-states
- The 5 mental markers of mindfulness training
- Being present and focused – seeing what 'is'
- Morality of mindfulness: reflection, reason & right-action
- Medicine of mindfulness: well-being, stress-relief & resilience
- Mindful conversations: the discipline of dialogue
- Mental discipline: mindfulness meditations-practice
- Being with your body – tune in to physical presence
- Seeing systemic relationships - making decisions mindfully
- 3C's of mindful leadership: courage, connectivity & compassion
- Mindfulness dash-board: measuring your mindfulness

## » Who is this Clinic for?

Participants at our mindfulness and emotional intelligence clinics come from the ranks of leaders, professionals and workers of all sorts. This clinic is specifically aimed at leaders from any walk of working-life who want to reinvigorate themselves and refresh their leadership practice through learning the mental disciplines of deep self-reflection, compassion and mindfulness...

## Are you looking...

- For clarity, focus, purpose, presence?
- To get back in touch with what really matters in your leadership-life?
- To release yourself from toxic stress and curtail confusion and distraction?
- Connect more deeply with others and increase your inner-capacity to lead?
- Strengthen your sense of well-being and rediscover the joy in leading?
- To find ways to be more emotionally balanced and even-minded?
- Integrate compassion and well-being into leadership rather than sacrifice it?



*"We all have habitual ways of responding to emotional challenges. Mindfulness training alters these habits by making it more likely that one neuronal pathway rather than another will be used. Mindfulness meditation carves new channels in the streambeds of the mind."*  
Richard Davidson *The Emotional Life of Your Brain* p204-5

## Benefits of Leading Mindfully

- Lift your level of emotional intelligence
- Relieve stress and reduce anxiety
- Increase your reserves of resilience
- Manage moods and disruptive emotion
- Mental focus and less mind wandering
- Enhanced sense of well-being – more calm, connected, emotionally balanced

## Information & Ideas about EI

Our free information [FactFiles](#) and seasonal [E-News](#) offer insights into the materials we provide in the self-coaching Guidebooks that support all our programs. Eg. FF-17: *EI-Why it Matters*, FF-20: *Leading with EI* and others featuring topical tips on *Connective Leadership*, *Constructive Conversations*, *Culture*, *Teams* and *Change Management* topics available for [free download](#) at [www.thechangeforum.com](http://www.thechangeforum.com).

## Register On-line, Email or Fax

**\$495** pp [inc GST] [Schools/NFP: **\$440** ]

Fee includes comprehensive self-coaching Guide and catering. **Register** using our [on-line Registration](#) page or [download a form](#) to return by email or fax.

## Dates & Locations

See [What's On When](#) on-line, our current [Course Calendar](#) or CALL 07-4068 7591

**Web:** [www.thechangeforum.com](http://www.thechangeforum.com)



1 Day Event

**Regular Early Registration Fees:** **General** \$495 single \$925 for 2 [Standard Fee \$528 pp]  
 (OTHER Discounts offered periodically by email) **NFP & Schools** \$429 single \$792 for 2 [Standard Fee \$473 pp]

All Fees GST inc.; NFP = Non-Govt community-based organisations – discount places may be limited;  
 Fees current at time of printing but subject to review at discretion of The Change Forum; Fees due on registration, payable within 14 days of Invoice and prior to attendance; Fee transferable up to 14 days prior but not refundable; Substitute welcome up to commencement; See website for full terms & conditions  
 EFT & Credit Card payment preferred; Card processing fee applies; Purchase Orders not accepted as payment; Priority given to paid reservations;  
 Fee covers course attendance, guidebook, lunch and refreshments only – travel, accommodation and sundries not included.

▶ **YES! Please Register me for [ ] places to attend**

**Event Title:** **Mindful Leadership in Action**

(Please mark clearly)

**AT Location:** \_\_\_\_\_ **ON Days:** \_\_\_\_\_ **Month:** \_\_\_\_\_

Comprehensive self-coaching Toolkit for the course attending included at no extra charge

Lunch and refreshments included; Venue details provided on confirmation of booking

🕒 Please come along by 8.15am to meet others and be ready for an 8.30 am start; approx 4.30pm finish  
 (Timing may vary occasionally please confirm this with us prior to attendance)

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▶ **More Information?** 📞 TEL: **07-4068 7591** 📱 Mob: **0429-687 591** or **Bill Cropper: 0429-687513**  
 📧 EMAIL: [register@thechangeforum.com](mailto:register@thechangeforum.com) 📠 FAX: **07-4068 7555**