

A TOOLKIT FOR PROFESSIONALS MINDFULNESS AT WORK

Qualities Of A Mindful Leader

WHY MINDFUL LEADERSHIP?

Studies find mindful leaders positively influence employee engagement and productivity while decreasing employee turnover. **Simply Put, mindful leaders are more effective.**

A MEDITATION FOR MINDFUL LEADERS:

Close your eyes and let your mind and body settle.

Silently to yourself, repeat the following. As you say each phrase, feel it in your heart and body, too.

- May I begin my day with gratitude
May I communicate openly and authentically
- May I remain focused and grounded
- May I remain intuitive and open-minded
- May I remain balanced between head and heart
- May I lead with courage



*Mindful leadership characteristics rely on the prefrontal cortex. This area of the brain is responsible for decision making, focus and self-awareness and is **STRENGTHENED THROUGH MINDFULNESS & MEDITATION.***

MINDFUL LEADERS EMBODY THE FOLLOWING CHARACTERISTICS:

▶ ACCOUNTABLE

Critically self-reflective regarding thoughts, attitudes and action

▶ ADAPTIVE

Unattached and open to change and innovation

▶ AWARE

Balance intuition with rational thinking

▶ BALANCED

Stable and adept at emotional regulation

▶ COMPASSIONATE

Lead with the needs of others first in mind

▶ FLUID

Comfortable with volatility, uncertainty, complexity and ambiguity

▶ FOCUSED

Laser focused, but equally able to take a wide perspective

▶ LISTENS

Empathetic, deep listener who can relate to others

▶ RESILIENT

Teachable and capable of shifting perspective