

MIND301

Transforming Leaders into Mindful Leaders



Simple, evidence-based practices to enhance your wellbeing and leadership impact



Leaders are the vital influencers in an organisation. It is their behaviour that most affects performance outcomes, organisational culture and the wellbeing of those they influence. However, many leaders haven't been taught the foundational skills to recognise their own mental and emotional state and develop awareness of their impact on others.

Mindfulness training with leaders in the workplace has been studied extensively and has been shown to reliably boost job performance and wellbeing, not just of the leader, but also the performance and wellbeing of their followers.

Mindfulness is a skill that anyone can learn. This program teaches you how to develop the skills of mindfulness and to apply them to your work life, to enjoy the personal and professional benefits of mindfulness practice.

Seminar Overview

- Understand the contemporary science of mindfulness
- Understand the recent evidence for mindfulness and workplace outcomes
- Know and apply a variety of simple practices to build the skill of mindfulness
- Understand the model and benefits of Mindful Leadership
- Know and apply simple practices that enhance Mindful Leadership

Need to send a few people to this seminar?

Register 5 or more seats for \$249 + GST each

Suggested Participants

- Executives
- Managers
- Senior Managers
- Team Leaders
- Aspiring Leaders

Cost

Webinar

\$299 + GST each

Visit our website for upcoming seminars or to
book an in-house session

1300 07 55 11

education@carecfo.com.au

www.carecfo.com.au

