

Mindful Leader Training Program

Evidence Based Corporate Mindfulness Training (EBCMT)

MINDFUL
LIFE
TRAINING

Neuroscience Management Research Corporate Insight

- Learn practices to overcome stress
- Reduce negative emotional reactivity
- Enhance deep listening, compassion, and confidence
- Catalyse team performance, collaboration
- Cultivate a safe and respectful organisational culture
- Reduce environments of bullying, gossip and conflict

Course Delivery

- 20 hours Face- to -face workshop training
- Online Learning/Content/Resources
- Fully sourced Companion Workshop Course Guide
- Experiential/Reflective/Collaborative Learning
- Optional Coaching Sessions
- Implementation of MLP in real time project



0425 713 191

info@mindfullife.com.au

Mindfullife.com.au/mindfulleadertraining/

@mindfullifetrainingau

mindfullifetraining



Course Outline

Module 1: Brain Training, Attention and Multitasking

1. How the mind and brain work together: The Neuroscience of Mindfulness
2. Mastering your own mind: Creating Focussed Attention/Awareness
3. How mindfulness becomes a Superpower
4. The 6 negativity biases of the brain, how they affect decision making and stress
5. The evidence on Multitasking

Module 2: Understanding and Managing Stress at Work

1. How stress affects focus, planning, creativity and time management
2. Balancing the Autonomic Nervous System and Fight/Flight Response
3. Harnessing mindful approaches to physiological/psychological health
4. Environments of Change, developing 'approach' and Resilience Response
5. Mental Energy and how to manage it: including exercise, sleep, meditation and rest

Module 3: Mindful Leadership Practise

1. Mindful mental/emotional agility practise to manage the negativity bias and negative habitual patterns.
2. Managing levels of mental/emotional energy in teams
2. Learn and harness the neuroscience of Kindness and compassion practise
4. Linking Purpose and Values to Mindful Leadership Practise
5. Cultivating balance, joy and letting go mindfulness exercises.

Module 4: Mindful Planning and Decision Making

1. Prioritisation and reducing "Action Addiction"
2. Mindful goal setting and setting intention
3. Mindful Planning and scheduling practices
4. Creating an Action Plan
5. Digital Device Management prioritisation.

Module 5: Communicating Mindfully

1. Develop Active Listening skills, empathy, to team and individual communications.
2. Speaking Mindfully and responding with empathy, compassion and appropriateness
3. Speaking candidly, with integrity and eliminating cultural gossip
4. Generating appreciation, swapping gratitude for entitlement
5. Digital communications, insight, audit and management

Module 6: Mindful Meetings and Teamwork

1. Mental preparation and intention setting, mindful silence at the beginning of the meeting
2. Agenda and time management
3. Establishing an environment of presence, managing digital distraction
4. Developing agility, collaboration and innovation in teamwork
5. Revisiting training open awareness and focussed attention

Module 7: Developing and Practicing Emotional Intelligence

1. Understanding and practicing the five components of Emotional Intelligence: Self Awareness, Self -Regulation, Social Skills, Motivation and Empathy
2. Enacting Emotional Intelligence and leveraging organisational influence
3. Developing Authentic Leadership Traits
4. Empathy Mapping using employee attitudinal behavioural attributes
5. Mapping leader/employee interactions

Module 8: Empowering Mindful Change and Resilience

1. Expanding Leaders mental and emotional capacity in conflict and adversity.
2. Empowering leaders to intentionally develop (or rewire) brain pathways that help guide teams when they face challenge.
3. Using challenges intentionally as opportunities to teach teams resilience. Managing the four S's : self, situation, supports, and strategies.
4. Empowering teams with the practise of embracing change in the present moment.