



Leading Beyond the Ordinary

6 week mindful leadership programme

Why is mindfulness important for leaders?

And why today more than ever...

The leadership practice of being fully present and in the moment is one of the most difficult practices we can master.

Mindfulness is about going beyond the hierarchical conservative models and moving into the adaptive, intuitive and creative leadership. Mindfulness creates leaders that are self-aware, agile in the moment and deeply resonant.

In his new book *Theory U: Leading from the future as it emerges*, Otto Scharmer introduces readers to the concept of "presencing". A blend of the words "presence" and "sensing", presencing signifies a heightened state of attention that allows individuals and groups to *shift the inner place from which they function*. When that shift happens, people begin to operate from a future space of possibility that they feel wants to emerge.

Being able to facilitate that shift is, according to Scharmer, the essence of leadership today.

The programme modules

Mindful leadership programme is designed to deepen your ability to be fully present and agile in the moment through following modules over a period of **6 weeks**:

WEEK 1: Ability to stay fully present – mindful awareness and technique of keeping the mind focused in the present moment

WEEK 2: Authenticity and self awareness – getting to know your self through mindfulness practice; developing new relationship with thoughts emotions and self perception

WEEK 3: Resonance – environment and people awareness, relational presence

WEEK 4: Leading beyond the ordinary - Intuitive, adaptive and creative leadership

WEEK 5: Peak performance – being in the “zone” and agile in the moment; capacity to take spontaneous right action and access deep presence and wisdom

WEEK 6: Skilful guidance- learning to listen, develop empathy and skilful means