



Living & Leading Mindfully

– Building resilience, self-awareness and the ability to navigate complexity

This 3-day programme delivered over a 3-month period will examine the rationale for mindfulness to address 21st Century leadership challenges.

Leadership practitioner Jan Davis of Moonstone Associates and Jackie Taylor practitioner and teacher of mindfulness illustrate that a conscious self-aware mindset is relevant and indeed essential for effective leadership. They will demonstrate practical exercises and techniques to help you access and develop levels of mindfulness.

Living and leading mindfully enables choice, flexibility and resilience, but only if you work at it; taking notice and practice is key. The time between each skill build session allows noticing, experimentation and building the muscle to be a conscious mindful leader.

Programme Overview:

Day 1 – The beginning

- Leadership context
- Concept of mindfulness
- Effectiveness
- Neuroscience & research
- The basics: exercises & techniques
- Application & practice

Day 2 – The embedding

- Check-in
- Leadership challenges
- Here and now
- The next steps: exercises & techniques
- Application & practice

Day 3 – The sustaining

- Review
- Impact felt
- The enhancements: exercises & techniques
- Sustainable application & practice
- Measuring mindfulness

Target Audience:

Leaders, managers and executives who wish to enhance their personal effectiveness, wellbeing and performance and that of those around them. While the primary audience is leaders in business, professionals and those working closely with people in an organisation can also derive great benefit.

For information on running an in-house programme please email:

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