

# Mindful leadership & emotional intelligence

In the modern world, our life spins at a dizzying pace, because we exist in an environment saturated with information, endless changes and stress. In view of such a large amount of dullness, excess work and duties, it is difficult to focus on what is important. Virtual Mindfulness workshops and the emotional intelligence based on it are an opportunity to stop, inspect yourself and explore our daily difficulties and challenges. We will get acquainted with scientifically validated mental training techniques that will help us be more calm and focused. We will deepen self-awareness, develop empathy and resilience, and consequently strengthen our social and leadership skills and increase the sense of peace, contentment and satisfaction. The training includes elements of Search Inside Yourself - a mindfulness program born at Google and offered to their employees around the world, as well as practices from MBSR Program (Mindfulness Based Stress Reduction) - the most widespread and scientifically backed mindfulness training, created at the University of Massachusetts and attended by thousands of people around the globe. It is deeply rooted in modern neuroscience and research about leadership and psychology, and delivered by a Search Inside Yourself Certified Teacher.



## Purpose of the training

The training is dedicated to the management of all levels



## Benefits of completing the training

- Learning about the possibilities of reducing stress and anxiety.
- Greater ability to focus and concentrate and inner peace.
- Growing resilience, waning fear of failure.
- Growing self-awareness, emotional self-regulation and better navigating challenges and difficulties.
- Growing ability to avoid automatic behavior that may lead to making bad decisions and harm interpersonal relationships.
- Develop empathy and interpersonal understanding for more effective collaboration and teamwork.
- Development of emotional intelligence



### Expected Listener Preparation

We recommend attending the workshop in conditions conducive to concentration



### Training Language

- Training: English
- Materials: English



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4 dni / 12 godzin

## Training agenda

### 1. Mindfulness

- What is Mindfulness, why is it worth developing and in what contexts is it used?
- Why is it working? Neuroscience and examples of research that confirm the effectiveness of Mindfulness techniques.
- Mindfulness vs meditation – what's the difference?
- How To Develop Our Mindfulness: Basic Mindfulness Practices? (focused attention practice, bodyscan, informal / integrated practice).
- Mindfulness as a tool for the development of emotional intelligence (Daniel Goleman's model).
- Mindfulness in interpersonal communication

### 2. Self-awareness and self-management

- Self-awareness – what is it, why is it important in a leadership role and how to develop it?
- Emotions in the decision-making process.
- The neuroscience of emotional regulation.
- From compulsivity to choice: how to manage emotional triggers and respond to the situation in the most appropriate way.
- Tools to overcome persistent, difficult emotions and recover faster from failure.

- Mindfulness in interpersonal communication.

### 3. Resilience and empathy

- Resilience: what it is and how to develop it (internal resources model).
- Prejudice negativity and how to deal with it.
- Empathy: its role in building interpersonal relationships, in teamwork and in being a leader.
- What stands in the way of empathy, and how can we increase our ability to feel it?
- Mindfulness practices to develop empathy.
- Empathetic communication.

### 4. Mindful Leadership

- What is mindful leadership and role models.
- Intentions, values and integrity as a leader.
- Trust – what it is and how to build it among team members.
- Compassionate leadership (and how it can help us avoid empathic burnout).
- Summary, tips and resources to develop Emotional Intelligence and continue your Mindfulness practice after training.