



Core Programme for Leaders

Build leadership skills using this pragmatic, relevant and evidence-based programme from LxLeaders designed by leaders for leaders.

Our evidence-based Core Programme for Leaders is a practical introduction to mindfulness techniques, designed to enhance core leadership capabilities by increasing your leadership presence, clarity, compassion and emotional intelligence. This 8 session programme teaches key mindfulness techniques that can help leaders to maximise their impact.

“I would suggest that all heads and directors of function consider investing in this. Key benefits are clarity of thought, building of productive relationships, gaining different perspectives” Senior Leadership Team Member

Mindfulness: the leadership skills catalyst

Rather than traditional leadership training which approaches a skill on the surface level, mindfulness works at a deeper level, simultaneously improving multiple skill sets, whilst improving wellbeing and overall functioning.

The Mindfulness for Leaders Programme delivers **live online and practical training**. This evidence-based Programme has been developed from the real experience of applying the techniques in intense leadership roles.

For Leaders that Excel

The Programme is for senior to middle leaders; people in demanding roles who are challenged with decision making and team leadership on a daily basis. Already accomplished leaders, participants of our programmes value their growth and are willing to put in the work between sessions to get maximum benefit. This could be delivered to entire leadership teams or individual leaders operating in different parts of your organisation. A version of this programme is suitable for aspiring leaders who want to develop higher-level leadership skills early in their career.

The Programme offers

Skills: To improve your capacity for self-management and self awareness and enhance your impact as a leader .

Outcomes: Improvements in decision making, communication, collaboration, focus, resilience and emotional intelligence

The Programme includes opportunities to develop skills and practice them in a supportive setting. From this process you will develop personalised action steps to support you in applying these skills in your roles.



Focus Stay present to what matters by training your ability to choose how and where you focus.

“Very helpful to be able to recognise thoughts for what they are and that they can be effectively put to one side to concentrate on the job in hand”



Decisions Make better decisions by developing awareness of thoughts and biases, and by exercising choice

“Focusing upon specific behaviours that I want to display in defined situations has begun to help me to make considered decisions under pressure.”



Collaborate Improve awareness of self and others to listen more effectively, be more inclusive, connect and gain trust.

“My team commented that I seem different in my approach. Having a different mindset and being kinder”



Meet Challenges Train your ability to behave skilfully in challenging situations, responding not reacting.

“Techniques for being with challenge have helped me to feel I am contributing more effectively in high profile meetings”



Module Overview

- 1: **Why Mindfulness for Leaders** (evidence base, neuroscience, experiential learning)
- 2: **Psychological Flexibility** (building our awareness of how we react and respond)
- 3: **Creating the Space** (applying these mindfulness tools to enable you to choose effectively)
- 4: **Where is your Edge?** (exploring the edges of your Window of Effectiveness)
- 5: **Connecting** (awareness of communication and compassion)
- 6: **Gaining Perspective** (applying these mindfulness tools in decision making, collaborating)
- 7: **Putting it all together** (building an action plan to implement learning)
- 8: **Regroup session** (success and challenges. What next?)

The Programme

- 7 x 1.5 hour weekly training session
- Re-grouping session 2-3 months after the Programme
- Accessible resources including recorded guidance to support technique development
- An individual coaching session during the programme, to aid personalised learning
- Small group size to aid personalised learning, reflection and discussion

About LxLeaders

LxLeaders was founded with the vision to grow more mindful organisations: organisations where leaders have awareness, presence clarity and compassion, and employees are engaged and empowered to do their best work. Mindfulness informs our work but is not limited by it. It is an approach that enables us to bring change at a deeper, more impactful level, to create the kind of change that forward-thinking organisations seek.

Through extensive experience of mindfulness and leadership training, we know the importance of providing training that is accessible, relevant and immediately applicable. Training that uses the language leaders speak, and that directly addresses the challenges and opportunities they face.

About the Programme Designers



Annika Wager has 20 years of experience in leading remote teams in Europe-wide project teams. Skills developed through mindfulness training were key to finding the space to lead remote teams, improve team performance and manage change when working in these challenging environments. Her first-hand experience of leadership roles is coupled with her experience in coaching and integrating mindfulness into workplaces.



Andrew McNeill was a director in the UK Civil Service until 2018, leading major programmes. He now offers leadership and mindfulness consultancy for several organisations. He has found mindfulness to be incredibly valuable in leading himself and his teams in high intensity environments. He wrote his book *Organisational Mindfulness: A How to Guide* (2018) and has taught corporate clients including Bloomberg and Ince

Book this Programme

We've seen the transformation mindfulness can bring to leaders, teams and organisations and we're passionate about creating this change at the highest levels of organisations for the most impact. Take the first step in bringing the Lxleaders Core Programme to your organisation.