



Leaders Mindfulness Programme Summary

Effective leaders use core competencies including decision making, communication and collaboration. Evidence shows that mindfulness can support people to build on these core skills. This 6 session programme teaches key mindfulness techniques that can help leaders to maximise their impact.

Mindfulness training is often seen as an individual experience as participants are encouraged to develop skills that relate to themselves. Leaders also have to expand this perspective to interactions with other people, the business vision and delivery. The training covers core leadership competencies and uses mindfulness techniques to develop those skills within the wider framework of where a leader needs to operate and have an impact.

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

Who is this for:

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. It is for people with a willingness to engage in the programme including applying the learning to their professional life between the sessions.

This could be delivered to entire leadership teams or individual leaders operating in different parts of an organisation.

The Programme offers:

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

Outcomes: Improvements in Communication, Collaboration, Decision Making, 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 the real world.

The programme includes:

- 6 x 2 hour training session
- Recorded guided practices & resources to support the techniques
- Two individual consultations during the programme, to aid personalised learning
- Re-grouping session 2-3 months after the Programme

Module Overview

Session 1 Why Mindfulness for Leaders (evidence base, neuroscience, experiential learning)

Session 2 Psychological Flexibility (building our awareness of how we react and respond)

Session 3 Creating the Space (applying these mindfulness tools in communication)

Session 4 Where is your Edge? (exploring the edges of your Window of Resilience & Creativity)

Session 5 Gaining Perspective (applying these mindfulness tools in decision making, collaborating)

Session 6 Putting it all together (building an action plan to implement learning)

For more information please contact us @

Annika@onthemind.uk (07583033826)

or

Andrew.mcneill@linesofsight.org (07837 998 034)



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Origins

Annika and Andrew had worked together for some time, when they recognised a shared appreciation: mindfulness for leaders had to be taught in a practical, down-to-earth way. They have created a Programme which delivers on that shared vision; pragmatic, practical, relevant training for people with busy, intense, stressful leadership roles.

About the Programme Designers



Annika Wager

Annika is an experienced BAMBA registered mindfulness trainer with a commitment to bringing mindfulness into workplaces, both at an individual and organisational level. Her background in pan-European project management and leading remote teams, is coupled with her experience in training and integrating mindfulness into the work place, to provide practical training at all levels within an organisation.



Andrew McNeill

Until 2018 Andrew was a director in the UK Civil Service leading major projects and programmes. He now offers leadership consultancy for a number of organisations. He has found mindfulness to be incredibly valuable in leading himself and his teams in high intensity environment. He trained to become a BAMBA registered trainer to enable me to share these techniques and skills with other leaders.

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