

Mindfulness for Leaders Programme

The programme has been designed and is delivered by



Annika Wager



Annika has 20 years of experience in pan-European project management. This involved leading remote multi-disciplinary teams in multiple countries in high pressure and time critical drug development programmes, while working for a wide range of demanding clients. She found that skills developed through mindfulness training were key to finding the space to lead and manage remote teams, improve team performance and manage change when working in these challenging and high intensity environments. In 2014 she became a BAMBA (British Association of Mindfulness Based Approaches) accredited mindfulness trainer. Since then her mindfulness training provision and consultancy focuses on clients with a commitment to integrating mindfulness into workplaces, particularly at leadership and organisational levels. She has a particular interest in the growing field of relational mindfulness for leaders and the impact it has within the workplace.



Andrew McNeill

Lines of Sight

Tailored Authentic Support

Until 2018 Andrew was a director in the UK Civil Service. During a 25 year career he held a number of high pressure roles including: establishing the Building Safety Programme immediately after the Grenfell Fire Tragedy (2017-18), Change Director for Ministry of Justice (2016), Head of Programme Assurance for the Ministry of Justice (2014-16). Andrew has found mindfulness to be incredibly useful for himself and his teams improving performance and managing stress in high intensity environments. He trained to become a BAMBA accredited teacher to share his techniques and skills with other leaders. In 2018 he wrote the book *Organisational Mindfulness a How to Guide* and is now a leadership and mindfulness consultant. Andrew is the co-director of BAMBA, the UK's mindfulness accrediting body and leads the Mindful Workplace Community, an international network of mindfulness champions and trainer, of which Leeds Building Society is a founder member.