



## The Art of Mindful Leadership

An interactive and experiential program designed to help leaders **develop emotional resilience** and **skillful mental habits** through the practice of mindfulness.

**The Art of Mindful Leadership Program** is designed for ambitious leaders who are looking to strengthen their inner capacities to rise above the rapid-fire intensity of today's workplace.

Following the Roundtable recipe for success, leaders work in small peer groups led by an experienced coach, to learn the fundamental concepts, deepen their experience with the practices and get coaching to support application back in the workplace. They explore key elements of mindfulness and emotional intelligence including: focused attention, mindful listening, emotional resilience, empathy and compassion.

### About The Roundtable

**The Roundtable** is where leaders cultivate their leadership, together. Our award-winning group coaching programs deliver measureable and sustainable results.

### Contact

For information on this program or to set up complimentary Readiness Assessment session, contact:

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Ask us how this program can be brought into your organization as a stand-alone program or be integrated to support your existing leadership development and/or mental health strategies.

### Program Options (Public and In-House Offerings Available)

Program design varies by audience size and depth of practice.

**Foundations Program** provides an introductory experience with larger audiences over a shorter duration of time.

The **Leadership Intensive Program** provides a more in-depth view of the concepts and is intended for smaller, more targeted group sizes. The intensive experience is also of longer duration allowing for a greater level of practice, application and feedback between sessions.

### Foundations Program

- Designed for audiences of up to 20 people (max)
- 2 x half day learning sessions scheduled 2-3 weeks apart
- 2 x 60-minute coaching sessions (per individual) to sustain learning and application

#### Topics Include:

##### Session 1

The Power of Presence  
Foundations of Wellbeing  
The Root of Emotions

##### Session 2

Dealing with Difficult Emotions  
Intention and Motivation  
Connecting with Others

## Leadership Intensive Program

- Designed for groups of 8 leaders
- 6 x 3 hour high impact peer sessions every 2-3 weeks
- Includes personal assessment and goal setting process
- 2 x 60-minute coaching sessions (per individual) to sustain learning and application

### Topics Include:

All topics covered in the Foundations Program with additional focus on:

#### Session 1

The Power of Presence  
Self-Awareness Foundations

#### Session 3

The Root of Emotions  
Developing Body Awareness

#### Session 5

Leading with Compassion  
Influencing with Goodness

#### Session 2

Foundations of Wellbeing  
Overcoming Negativity Bias

#### Session 4

The Brain and Emotional Triggers  
Developing Resilience

#### Session 6

Cultivating Intentionality  
Maintaining a Practice

## Participants can expect to:

- ✓ Increase self-awareness and gain self-confidence
- ✓ Gain insight into how various mindfulness practices work
- ✓ Expand understanding of how the brain works in matters of emotional intelligence
- ✓ Learn resilience practices that promote wellbeing
- ✓ Develop higher levels of self-regulation
- ✓ Cultivate mindful listening skills to help support others and build healthy teams

"Mindfulness is a state of being fully present, aware of oneself and other people, and sensitive to one's reactions to stressful situations. Leaders who are mindful tend to be more effective in understanding and relating to others, and motivating them toward shared goals. Hence, they become more effective in leadership roles."

William W. George, Professor of Management Practice at Harvard Business School