



3 days Interactive Workshop

# Mindful Leadership: Practical Strategies for Immediate Impact

Conducted by

**Prof. Surya Tahora**

## What is the problem statement that the workshop solves?

- **Stress and Reactive Leadership:** In the fast-paced business environment, leaders often find themselves overwhelmed by stress and demands, leading to reactive rather than proactive leadership. This results in decreased effectiveness and a negative impact on both personal well-being and organizational performance.
- **Lack of Mindfulness and Compassion in Leadership:** Many leaders struggle to integrate mindfulness and compassion into their leadership style, which is essential for fostering a positive work culture, enhancing decision-making, and improving overall team dynamics.

## What is the walkaway solution?

- **Actionable Mindfulness Practice Plan:** Participants will leave with a comprehensive, personalized mindfulness practice plan that they can immediately implement to enhance their mental clarity, reduce stress, and improve decision-making in their day-to-day leadership roles.
- **Strategic Leadership Roadmap:** Participants will develop a strategic leadership roadmap incorporating mindfulness and compassion principles, tailored to their specific organizational needs. This roadmap will include clear steps, timelines, and metrics for successfully integrating these practices into their leadership approach.

## Intended Audience

**Mid and senior level executives who:**

- Are committed to advancing their leadership roles with increased focus, poise, and adaptability.
- Recognize the importance of self-awareness and mindfulness in enhancing leadership capabilities.
- Aim to create a healthier, more responsive, and compassionate work environment.
- Seek to balance personal and professional demands, managing stress and decision-making with greater clarity.

## Pedagogy

*A consultative approach would be used during the workshop to engage participants in collaborative dialogue, harness diverse perspectives, and develop innovative solutions to complex problems.*

### The methodology includes:

- **Interactive Assessments:**  
Initial assessments to understand current leadership behaviours and identify areas for improvement.
- **Personalized Action Plans:**  
Development of customized action plans and strategies for each participant based on their specific needs and organizational context.
- **Hands-On Exercises:**  
Engaging in practical exercises and real-world scenarios to apply mindfulness and compassionate leadership principles.
- **Continuous Feedback:**  
Providing continuous feedback and reflection opportunities to ensure the effective integration of learned practices.

## Programme Coverage

- **Day 1**
  - Assessing and Cultivating Mindfulness
  - Assessing Current Leadership Practices
  - Shifting from Reactivity to Responsiveness
  - Integrating Mindfulness Practices
- **Day 2**
  - Applying Mindfulness in Leadership Contexts
  - Developing Mindful Leadership Strategies
  - Enhancing Workplace Communication through Mindful Listening
  - Cultivating Compassionate Leadership
- **Day 3**
  - Designing And Implementing a Mindfulness Roadmap
  - Building Self-Compassion and Resilience
  - Creating a Personalized Mindfulness Implementation Plan
  - Ensuring Long-Term Success and Sustainability

## Faculty Details



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## Contact Details

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