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MINDFULNESS-BASED LEADERSHIP

Start Date:	07/09/2026	**End Date:**	11/09/2026
Categories:	Leadership Development	**Venues:**	London
Formats:	In Person	**Instructors:**	

OVERVIEW

This course introduces leaders to mindfulness as a tool for focus, emotional intelligence, and calm under pressure. Participants will explore how presence and awareness can strengthen leadership effectiveness and organizational culture.

OBJECTIVES

By the end of this course, participants will be able to: – Understand the science and business case for mindfulness. – Practice presence, non-reactivity, and emotional regulation. – Lead with greater clarity, empathy, and intention. – Use mindfulness to improve decision-making and resilience. – Integrate mindfulness into team practices and leadership style.

COURSE OUTLINE

1- Mindfulness and the Modern Leader 2- Building Attention and Emotional Awareness 3- Leading with Presence and Calm Under Pressure 4- Decision-Making, Clarity, and Empathy in Action 5- Sustaining a Mindful Leadership Practice

TARGET AUDIENCE

All Supervisory Levels, Leaders, senior managers, HR professionals, and anyone guiding teams through complexity and change.

METHODOLOGY

Guided mindfulness practice, journaling, presence-based coaching, reflection circles, mindful conversation exercises, and breathwork.

CONCLUSION

Participants will leave with a mindfulness toolkit to improve their leadership presence, focus, and connection with others.

DAILY AGENDA

Day 1: The Mindful Edge

Explore how mindfulness enhances clarity, empathy, and performance.

Day 2: Train Your Attention

Practice techniques to improve awareness and emotional self-regulation.

Day 3: Lead from Center

Respond rather than react in moments of pressure or complexity.

Day 4: Clarity in Decisions

Use mindfulness to enhance focus, intuition, and stakeholder insight.

Day 5: Live the Practice

Build sustainable habits for mindful leadership every day.

For more information, please contact us:
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