



MINDFUL LEADERSHIP

As a leader, why should you care about mindfulness? You may think that mindfulness is just an eastern philosophical fad. Attending to your *awareness*, *attention* and *intention* are key to building and maintaining your well-being and leadership effectiveness.

I've spent a lot of time researching mindfulness in the last few years. What started out as a way to bring clarity and calm to my life, has evolved in to a steadfast belief that the best leaders are mindful leaders.

There are many benefits of mindfulness including:

- The potential to reduce your stress.
- Improve your focus and concentration.
- Improve your positivity.
- Show greater compassion for yourself and others.

Studies indicate that teams with more awareness make better decisions, engage in more collaboration and are better at dealing with conflict.

Mindful leaders can improve their own and their teams well-being. 70% of Americans indicate that economic stress is impacting them and 40% of adults report mental health issues due to the stress of Covid-19. Many of my clients are dealing with the changing work environment and supporting their employees as they adjust to their work and home lives. Adopting practices to calm oneself, relieve stress, and rejuvenate are no longer optional if you want to be your best.

There are many practices you can adopt to be more intentional, aware and mindful, including deep breathing; feeling and acknowledging your feelings; focusing on one thing at the time; focusing on the “now” vs. remunerating about the past and future; choosing when to “plug into” your email and phone; and mediating.

Mindfulness practices rewire the brain to help you to become a better leader and enable you and your team to improve their effectiveness and well-being during these tough times.

