



QUEEN'S
UNIVERSITY
BELFAST

WILLIAM J. CLINTON
LEADERSHIP INSTITUTE
AT RIDDEL HALL

THE MINDFUL LEADER

Progress with Clarity, Resilience
and Emotional Regulation.



**SHAPING
A BETTER
WORLD**
SINCE 1845

The Mindful Leader



Business leaders today face complex demands from an exponentially faster-paced and hyper-connected world. If you want to develop an unworried mind, the capacity to recover more quickly from upsets, a fearless attitude toward uncertainty, a more sensible approach to difficult situations, and a sense of flourishing as a leader, the William J. Clinton Leadership Institute's Mindful Leader programme is for you.

Potential benefits of the programme

- Stress reduction
- Resilience
- Clarity of thought
- Improved emotional regulation
- Greater personal wellbeing

What makes this programme special?

As a highly experiential programme, the Mindful Leader tells you what to do to actually improve leadership competencies in a structured way. It builds on the core elements of evidence-based mindfulness programmes as well as the growing science of mindfulness.

Duration:

5 half days across 10 weeks. 1 coaching session.

Who is the programme for?

This programme is for all leaders and emerging leaders who want to be optimally effective without unnecessary stress.

Improve your leadership competencies, register your interest today.

Visit our website for the latest availability, dates and fees:
www.leadershipinstitute.co.uk or contact us on 028 9097 4394 or
e-mail: leadershipinstitute@qub.ac.uk

The programme

Session 1: Mindfulness in Leadership

- Individual and organisational benefits of mindfulness
- Automatic pilot mode and awareness

Session 2: Impact of Perceptions and Deceptions

- The barrier of addiction to being right
- Resonant leadership

Session 3: Focus and Multiple Information Processing

- High-stakes attentional focus for multiple responsibilities
- On-demand settling of the hyper-active mind

Session 4: Strategies to Navigate the Difficult

- Three ways to suffer less and function better in tough situations
- Failure is just a concept. Win or Learn!

Session 5: Human Flourishing in Leadership

- Bottom-line: Happiness as a competency
- Societal and global impact of mindful leadership

**50-minute one-to-one coaching between Sessions 4 & 5

Who is delivering this programme?

The Happy Warrior specialises in delivering mindfulness in the workplace.

www.thehappywarrior.co.uk

 THE HAPPY
WARRIOR