



**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

Programme Coverage

Session 1

- Bottom-line Performance & the Leader's Emotional Role
- Clarity, Perception and Perspective Taking

Session 2

- High-stakes Attentional Focus for Multiple Responsibilities
- Detecting Disruptive Emotions & Impulses

Session 3

- Strategies for Self-Regulation in Tough Situations
- Exploring Creativity & Getting Unstuck

Session 4

- Practical Exercises for Resilience

Session 5

- Leading Mindful Teams
- Building Up Corporate Culture

** 50-min Coaching between Sessions 4 & 5

Who is delivering this programme?

The Happy Warrior partners and associates are highly experienced practitioners teaching mindfulness internationally. Collectively, they have trained with the University of Oxford Mindfulness Centre, University of Massachusetts Medical School and the Bangor Centre for Mindfulness Research and Practice.



www.thehappywarrior.co.uk