



The Mindful Leader: 7 Practices for Transforming Your Leadership, Your Organisation and Your Life

By Michael Bunting

Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. The ultimate guide to becoming an extraordinary leader - while finding happiness, gaining authenticity, and banishing stress. Integrating proven mindfulness practices and world-class leadership theory, The Mindful Leader is the essential guide for self-aware leadership. The book simplifies mindfulness principles and links them solidly to business benefits. It provides a practically grounded template for leaders to develop unprecedented levels of self-awareness, well-being, and effectiveness. Research findings throughout the book detail the positive impact of mindfulness from the perspectives of brain science, psychology, and leadership. International case studies from a variety of industries illustrate the everyday implementation of mindful leadership. You'll learn easy mindfulness practices that you can implement today and a practical framework for everyday mindful leadership. You'll also be given access to online resources for vision reflections, values clarification, mindfulness practices, and more. Mindful leadership is a hot topic - but it's not as simple as when you become mindful, great leadership will spontaneously happen. This book serves as both mindfulness training and leadership training, clarifying the parallel while guiding you through the many points of intersection. Improve your leadership skills via...

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