

Mindfulness

- AWARENESS
- ATTENTION
- INTENTION
- PRESENCE
- PURPOSE
- FOCUS



HURRY AND STRESS



OVERWHELMED



OVERWORKED

LEADERSHIP PRESENCE



Being aware and living your intentions

What's the alternative to working harder? Increasing **leadership effectiveness** by **leadership presence** through broadened **awareness**, focused **attention** and alignment of **intention** and **impact**. Laying the foundation with **mindfulness** for research based positive effects on leadership & strategic thinking, productivity, self-management, interpersonal relationships and overall well-being.

Increasing Excellence.
Being at your best more often by tapping into your physical, mental, emotional and spiritual resources.

Presence : Practical ways to include mindfulness into business

The choice of being mindful invites you on a transformational journey of discovering your full potential and being true to yourself. However, it won't take you long to get started and to implement some simple and easy routines that will make a difference for you in your perception of the situation and in gaining clarity more quickly by being fully present in this moment. The ‚Mindfulness Meets Business @ YouLead‘ program addresses practical ways how to create your desired outcomes which benefit the individual, the team and the organization, creating a ripple effect on your stakeholders at home, at work and at your community.

Purpose : Creating outcomes by following through

The willingness and commitment of a leadership & management team to bring mindfulness to their business, management and leadership practices may arise from a clear purpose or emerge from an important pain point. Creating outcomes together in a process with empathy, compassion, mutual support and accountability among peers, fosters engagement and commitment to discover, learn and practice on the job and ensures following through.

Focus : Creating behavior that makes a difference

With focused attention, creating space for choice, reflecting on options, mindfully directing emotions to select the most beneficial behavior. Emotions carry behaviors into hardwired brain networks.

Sustainability : Hardwiring into your DNA

Mindfulness doesn't come by itself, it's an activity and a state of mind. Using your mind intentionally is engaging self-directed, experience dependent neuroplasticity of the brain, creating and hardwiring favorable neural pathways that can modify the DNA through the mechanisms of epigenetics.

*Coaching
Leadership &
Management
Teams*



to Mindfulness

Creating your just right solution

What makes it worth the investment? When burn-out is lurking, the investment into prevention outweighs by far the cost of cure. Investing in your health and well-being and in your purpose of better leadership and interpersonal interactions, pays off with positive effects on your family, co-workers and business partners, and finally on business results. Choose your investment wisely, from a light touch up to a deep dive. Learn and experience in a safe space how to activate and cultivate your mindful state in 5 steps :

- 1) Discover Your Purpose
- 2) Decide & Commit
- 3) Follow Through
- 4) Follow Up
- 5) Sustain

Where to join ,Mindfulness Meets Business' training and coaching?

1. In-Company Program Central Europe

Workshops, tailor-made to adapt and adopt your circumstances and needs, purpose and pain points, fine-tuned in duration, frequency and location. Content and experiential learning being meaningful and easy to integrate into your business life. In combination with individual/team/group coaching, Mindful Hatha Yoga Sessions or Retreat Days as an option. [More](#)

2. Online Workshop Company Program

Via audio conference, webinar and virtual room small group work. For 12-20 participants on remote work locations. [More](#)

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*Increased
Resilience &
Emotional
Intelligence*

*Better
Attention
Concentration
Health
Relationships*

=

Better Leadership

