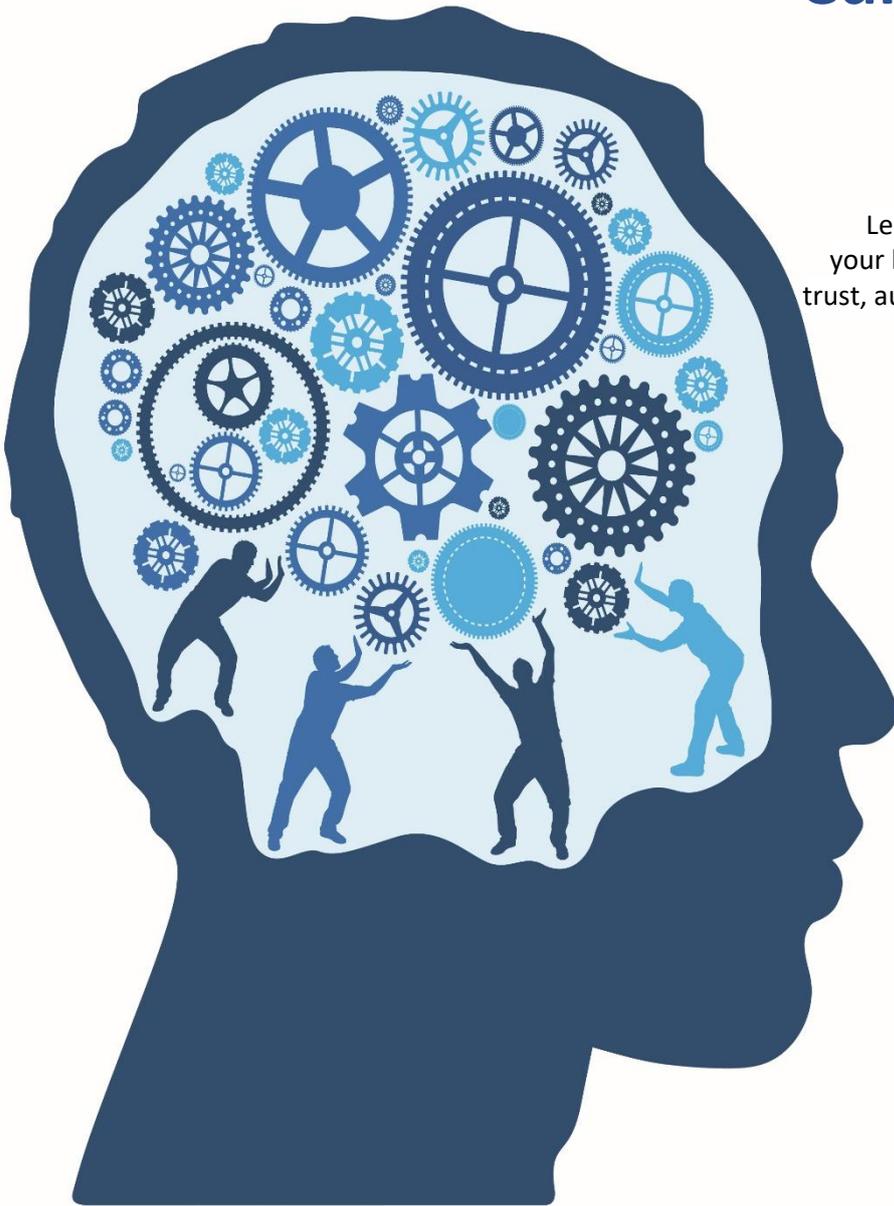


# Mindful Leadership: Cultivating Excellence from Within

Learn new habits that can help you begin to rewire your leadership behaviors as you inspire engagement, trust, authenticity and productivity in those around you.



*Unlock your power to lead with  
clarity, authenticity and effectiveness*

## OVERVIEW

As a leader, how can you stay focused on what's important when there are so many demands for your immediate attention? Ever-changing market conditions, gadget overload, conflicting information and "emergencies" of all kinds can hurt your ability to think with clarity and precision. Getting to sustainable excellence requires a different way to lead.

This is where mindfulness comes in. Practicing mindfulness helps you to tune in to what's here and now, to be more present, awake and aware so you can access greater creativity, learning and personal growth. Attend this course to learn new habits that can help you begin to rewire your leadership behaviors as you inspire engagement, trust, authenticity and productivity in those around you.

## HOW YOU WILL BENEFIT

- Discover how the attitude-behavior connection affects business decisions and outcomes
- Learn to observe your mind and increase your ability to stay fully present and engaged
- Make choices and decisions that better align with your intentions
- Cultivate a sense of self-awareness and relational transparency that inspires trust
- Communicate more thoughtfully and mindfully up, down and across the organization
- Create a team culture of greater creativity, dynamics, openness and responsiveness

## WHAT YOU WILL COVER

### Awareness and Attitude

- Recognize the Attitude and Qualities of a Mindful Leader
- Use Mindfulness Techniques to Examine Your Attitude
- Develop New Habits and Intentional Practices to Cultivate Awareness

### Mindfulness

- Apply Mindfulness to Pursue Clarity, Check Assumptions, and Communicate Thoughtfully
- Lead Mindfully in the Face of Contradictions
- Achieve Different Outcomes for Situations By Applying Mindfulness Techniques

### Meditation

- Explain the Purpose of Meditation
- Describe the Relationship Among Meditation, Knowledge, and Reflection
- Meditate While Seated and Walking
- Journal
- Determine Effective Approaches to Your Personal Challenge
- Make Informed Commitments to Practicing Mindfulness Yourself and Coaching Your Team to Be More Mindful

### Letting Go

- Describe the Authentic Process of Letting Go
- Explain the Relationship Between Mindfulness and Letting Go

### Commitment and Courage

- Define "Commitment" for Yourself and Your Organization
- Make a Commitment That Will Aid Your Ability to Address Your Personal Challenge
- Describe the Types of Situations That Require Courage
- Identify Acts of Courage That May Be Required to Stick to Your Commitments

## WHO SHOULD ATTEND

Leaders, directors, managers and those on the leadership track who want to harness mindfulness and achieve greater leadership excellence.

## FACILITATOR ~ Emmanuel Zara Jr.



Emmanuel Zara Jr. or EJ as he is usually called, has extensive professional experience in line with Sales and Marketing for various niche markets which include the OFW, Group and Corporate accounts and Direct Database and Affinity sector.

His key areas of strength include sales, marketing, events planning, management support, training, training needs analysis and design, business development and implementation, strategic management, organizational design and structuring, monitoring, control and human resource development.

Currently, EJ is Managing Partner of a firm which specializes in entrepreneurial solutions which include sales and marketing, sales training and events management, Clients include BPI Family Savings Bank, The Blue Leaf, Word Consulting, Inc., Bayantel, Ayala Malls, Nuvali, SKI Construction Inc., Prime Sales, Inc., Nike Philippines, Sterling Bank, AXA Life, The De La Salle University and Discovery Resorts.

At the same time he also is an independent consultant who delivers high-powered globally accredited professional development trainings to clients such as Accenture, IBM, WNS, Aboitiz). These include leadership courses or executive and managers, Franklin Covey programs, coaching, teambuilding, meeting management, presentation skills, sales and marketing, business writing, communications training, operations management, project management and workshops based on the concepts of Six Sigma and Lean Management.

His outstanding educational credentials include graduating with honors from both the Ateneo De Manila University for his Master's Degree in Business Administration and the University of the Philippines for his Bachelor's Degree in Psychology.



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