The New Leadership Paradigm

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The World Economic Forum
World Leaders Identified

overscheduled constantly distracted no space initiate change multitask lost time space acknowledge accomplishment debrief learn inadequate space challenges personal cost busy-ness

“In the past two decades far too many leaders have been selected more for charisma than character, for style over substance, and for image rather than integrity.”

- Bill George Professor Harvard University
Out With the Old And In With the New

Mindful Leadership Resulted In

- Work-life balance
- Job satisfaction
- Job performance
- Good behaviour
- Authenticity

Improved

Emotional exhaustion
Avoidance behaviour

Decreased
The ability of a leader to be ____________ has the greatest connection to productivity and profitability.

Paul Roos (AFL Coach)

Focus on values and behaviours not upon winning

Corporate equivalent – focus on process not outcomes
Leadership Excellence

Who?

- Respectful
- Open minded
- Compassionate
- Clear vision
- Inspiring
- Great listener
- Creative
- Patient
- Collaborative
- Kind
- Teacher

Why?

Focus
Creativity
Clarity
Compassion

(Institute for Mindful Leadership Janice Marturano)
Focus

Remember To Write How Long It Takes You
Be Present In The Moment

Leadership Excellence

Focus  Creativity
Clarity  Compassion
Creativity

Approach Or Avoidance
Clarity

https://www.youtube.com/watch?v=Kxmefh60u3Q
Leadership Excellence

Focus
Creativity
Clarity
Compassion

Compassion
A World Of Declining Empathy

Compassion

- Begins with yourself
- What and how often?
Ultradian Rhythm

90 minutes       90 minutes

How Do You Become A More Mindful Leader?
Pause

Your Leadership Principles
Mindful Communication

1. Pause
2. Open to what is actually here
3. Listen deeply
4. Speak the truth without intending to harm

Emotional Intelligence

“I cannot identify a single leader who has failed because of lack of intelligence. On the contrary, those who have been unsuccessful failed because they had low levels of emotional intelligence.”
“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

- Maya Angelou
Your Emotions

90 seconds

- Painful Lash Out
- Nice Dismiss

Listen To Your Body

Awareness Of Cheating In Gambling Game

- Body aware (palms sweated)
- Unconscious or gut hunch
- Conscious awareness

No. Of Hands Of Cards Played

0 20 40 60 80
Who Else Is Doing It?

Simply

- Sit
- Breathe
- Count
- Focus
Thank you

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