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

Description:
'A great book for wise and effective leadership. Dynamic, insightful, practical and visionary.'
Jack Kornfield PhD, author of The Wise Heart

'Great workplaces cannot exist without great leaders, and self-awareness is at the core of great leadership. This book breaks new ground on what it truly means to be a self-aware leader.'
Zrinka Lovrencic, managing director, Great Place to Work® Australia

'Michael Bunting offers the principles and lessons for the kind of leadership that brings mindfulness into the marketplace. A practical, inspiring read, full of real examples of everyday leaders making the world a better place.'
Jay Coen Gilbert, co-founder, B Corps

Reach Your Leadership and Life Potential

Your effectiveness as a leader depends on your self-awareness. The more self-aware you are, the more strength, wisdom and compassion you have and the more inspiring you are to the people you lead. Mindfulness is the key that unlocks self-awareness, enabling you to reach your full potential and to lead your team and organisation to new heights.

Through extensive interviews and research, this guidebook offers a proven approach to dramatically improve your leadership and your life. It combines research-based mindfulness practices with time-tested leadership behaviours to provide a practical model of extraordinary leadership. Discover how great leaders from around the world practice mindful leadership and learn to:

- develop real-time self-awareness and take control of your life
- manage complexity and stress with wisdom and intelligence
- boost your capacity to learn and innovate
- bring out the best in others, and make their lives more meaningful.

In an age of radical disruption and staggering complexity, The Mindful Leader gives you the clarity to make wiser decisions, empower and inspire others, and make a truly positive difference in the world.

Download The Mindful Leader companion workbook and other bonus resources from company website

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