

Mindful Leadership: Using Mindfulness Practices to Increase your Leadership Effectiveness



The research is in, and it is conclusive! Mindfulness practices, such as breath work, sensory awareness and journaling, help you to achieve better health, greater happiness, reduced emotional reactivity, stronger mental capacities and improved leadership capabilities. A regular cadence of mindfulness sessions changes the structure of your brain, because repetitious thought patterns are etched into your neural pathways. This is another way to say, "In the brain, what fires together, wires together."

The good news is that you don't need to meditate on a cushion with your legs folded up like a pretzel for hours each day to achieve these benefits. You can include mindfulness moments in the rhythm of your daily life, perhaps when you are drinking your morning coffee, multiple times throughout the day and just before retiring to bed.

In this interactive and experiential presentation, we will explore the neuroscience that supports a consistent practice of mindfulness. And, you'll learn several exercises to try in each of five areas of mindfulness practice. Invite Kristin Robertson to introduce mindfulness practices to your team with her engaging and interactive delivery.

What people are saying about this presentation:

"I found it very relaxing to do the mindfulness exercises with Kristin. I was better at it than I thought!"

"Kristin got us involved right away in her presentation. We even did a mindful walking exercise! I came away with several mindfulness exercises that I can try at the office."

"This was an impactful message. I hope that many others can experience Kristin Robertson's introduction to mindfulness. I think it can change people's lives!"



Kristin Robertson, CEO of Brio Leadership, is the Happy Mondays Coach! She ensures that your employees love to come to work on Monday mornings. She is a certified company culture auditor, a certified executive coach, a speaker and group facilitator who works collaboratively with her clients to grow vibrant company cultures and improve the bottom line. She has worked with Hewlett-Packard, Southwest Airlines and 7-Eleven to improve their leadership cultures and operational processes.

kristin@brioleadership.com
www.brioleadership.com
817-577-7030

Her latest book, called *Your Company Culture Ecosystem*, guides leaders in growing vibrant organizational cultures. Her cultural model is based on a holistic view of how culture is shaped, from values and purpose, to leadership behaviors and accountability systems.



**Brio
Leadership**

Guiding businesses to success by
growing vibrant company cultures

604 Saddlebrook Dr.
Colleyville, TX

817-577-7030
www.brioleadership.com