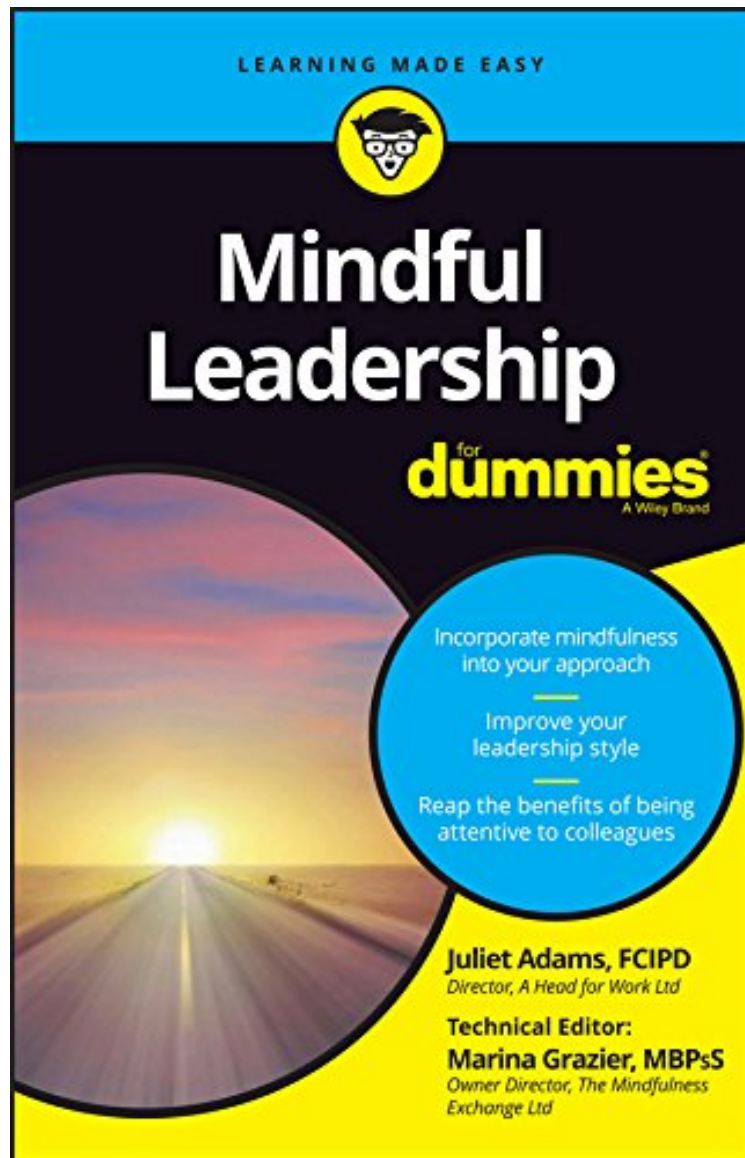


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Mindful Leadership For Dummies

Juliet Adams

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Juliet Adams : Mindful Leadership For Dummies before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mindful Leadership For Dummies:

Want to become a more mindful leader? With Mindful Leadership For Dummies, you'll find accessible and authoritative guidance for cultivating focus, clarity, and insight, becoming the best leader you can be. Packed full of

useful tips, this friendly how-to guide will help you use mindfulness as a foundation for your leadership and reap the benefits of a more attentive working life all that reduces your risk of burnout whilst increasing your productivity. You'll discover how mindfulness can help improve decision-making and communication skills, manage modern workday challenges, and so much more. Mindful leadership is currently a high-trending topic in the self-help/business world, making headlines in such prominent publications as Forbes, Time magazine and The Guardian, and even earning a dedicated blog on Huffington Post. And all for good reason the benefits of practicing mindfulness in the workplace are far-reaching, and as we begin to uncover more research that supports its effectiveness, it's no wonder business leaders are devoting time and attention to cultivating mindfulness. Includes practical tips on incorporating mindfulness into your leadership style Shows you how mindfulness can help develop and deepen your leadership qualities Explains how mindfulness enhances productivity and minimizes the effects of stress in the workplace. Includes a full 6 week Workplace Mindfulness Training (WorkplaceMT) Course to help you develop mindfulness. Outlines how adding mindfulness to your leadership approach will enable you to make positive choices that support your well-being. If you're a businessperson looking to add mindfulness to your leadership toolkit, Mindful Leadership For Dummies has everything you need to get started today.

From the Back Cover Incorporate mindfulness into your approach Improve your leadership style Reap the benefits of being attentive to colleagues Put mindfulness to work This how-to guide helps you incorporate mindfulness in your leadership style so you can be more informed at work all while being a more thoughtful boss. You'll discover how mindfulness can help improve decision-making and communication skills, manage workday challenges and more. Inside; Understand mindful leadership Learn from case studies Work more effectively Improve your focus Live in the moment Incorporate strategies Influence work culture About the Author Juliet Adams is a learning and development professional who has pioneered workplace mindfulness training. A professional mindfulness teacher and trainer developer, she teaches internationally. Marina Grazier retrained as a Psychologist to pioneer mindfulness tailored for the workplace. Marina qualified as an MBCT teacher at Oxford University, and she now develops workplace trainers internationally.