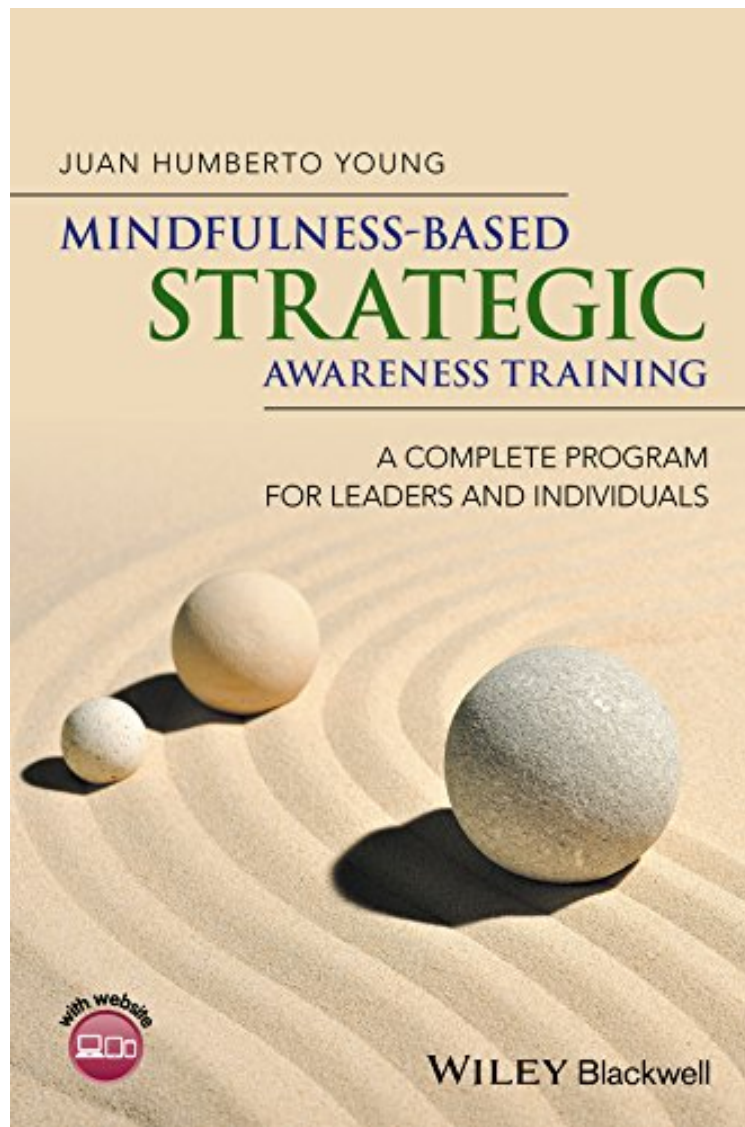


[Download pdf ebook] Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals

Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals

Humberto Juan Young

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Humberto Juan Young : Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals:

This is the first book to link mindfulness training and positive psychology to the leadership, strategy and management issues faced by individuals and organizations. Sets out a complete program in Mindfulness-based Strategic Awareness Training (MBSAT), a new form of strengths-based business mindfulness training which enhances participants' ability to perceive opportunities, adapt and grow. Draws on research from neuroscience, positive psychology, behavioural finance and management to show how leaders, managers and individuals can build and maintain more resonant relationships and adapt to constant change. Includes real-life vignettes, specific instructions and a wealth of resources designed to guide experiential learning including background information, exercises, guidelines, hand-outs, graphics, and guided audio meditations. Mindfulness training is increasingly used in organizational contexts; the author is a pioneer in designing and delivering training that applies mindfulness and positive psychology to the strategic challenges of management and business.

This book is important for all who seek to lead organisations, showing how mindfulness can be combined with the findings from positive psychology for the benefit of all. The book is not just good theory, it also provides a step-by-step practical program to cultivate a balance between motivation for outcomes on the one hand, and compassion toward self and others on the other. Here are skills that can be learned, skills that can truly inspire and sustain wise leadership. Mark Williams, Emeritus Professor of Clinical Psychology, University of Oxford