

Mindful leadership & emotional intelligence

In today's world, we live in constant haste, surrounded by an overload of information, continuous changes, and stress. At such a fast pace, it is easy to lose sight of what truly matters.

Mindfulness workshops offer an opportunity to pause, reflect, and gain a deeper understanding of everyday challenges. During the training, we will explore scientifically proven mental training techniques that help enhance focus, reduce stress, and strengthen inner balance.

Through Mindfulness practices, we will deepen self-awareness, develop empathy and resilience, leading to improved social skills, more effective leadership, and a greater sense of peace and satisfaction.



Training recipients

The training is dedicated to managers at all levels.



Benefits

Development Benefits:

- Gaining knowledge about methods for reducing stress and anxiety.
- Improved ability to focus, concentrate, and maintain inner calm.
- Increased resilience and reduced fear of failure.
- Enhanced self-awareness, emotional self-regulation, and better navigation of challenges and difficulties.
- Greater ability to avoid automatic behaviors that may lead to poor decision-making and harm interpersonal relationships.

- Development of empathy and human understanding for more effective collaboration and teamwork.



Training program

1. Introduction to Mindfulness

- What is Mindfulness? Key principles and areas of application.
- Why does Mindfulness work? An overview of scientific research and neuroscience findings.
- Mindfulness vs. meditation – key differences and common elements.
- Fundamental Mindfulness practices: focused attention, body scan, informal/integrated practice.
- Mindfulness as a tool for developing emotional intelligence.
- Mindfulness in communication and building interpersonal relationships.

2. Self-Awareness and Self-Management

- The role of self-awareness in personal and professional growth – why is it crucial for leaders?
- Emotions and decision-making – how to use them consciously?
- The neuroscience of emotional regulation – how does the brain influence our reactions?
- From reactivity to conscious choice – strategies for managing emotional triggers.
- Effective tools for coping with difficult emotions and quickly regaining balance.
- Mindfulness as the foundation of effective interpersonal communication.

3. Resilience and Empathy

- What is resilience, and how to build inner strength? (internal resource model).
- Negativity bias – how our brain focuses on threats and how to change this pattern.
- Empathy as a key to building relationships, teamwork, and effective leadership.
- Barriers to empathy and ways to overcome them.
- Mindfulness practices that support the development of empathy and compassion.
- Empathetic communication – how to effectively express and understand emotions in others.

4. Mindful Leadership

- What is mindful leadership? Key traits and patterns of effective leaders.
- Intentions, values, and integrity – the foundations of authentic leadership.
- Building trust within a team – strategies and best practices.
- Compassionate leadership – how to prevent empathetic burnout?
- Summary and practical guidelines on how to continue developing emotional intelligence and Mindfulness after the training.



Expected preparation of the participant

We recommend participating in the workshop in an environment conducive to concentration.



Duration

2 days / 12 hours

Language

- Training: English
- Materials: English