

Exploring Mindfulness as a Leadership Practice



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Why is Mindfulness Necessary in Leadership?

- Aware of those around you
- Make better decisions
- Model healthy behavior
- Increase work satisfaction
- Reduce stress

Ways to Practice Mindfulness as a Leader

- Pause before a big meeting
- Take intentional breaks in your day
- Use transitions to practice observing the present
- Practice gratitude
- Practice mindful, intentional listening

5-4-3-2-1 Grounding Exercise

Object Observation

5 Positive Moments Listening Exercise

Helpful Tools

- Insight Timer
- Headspace
- Calm
- Journaling
- Community meditation and/or yoga classes

Body Scan