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

Source: https://www.inc.com/marissa-levin/harvard-research-reveals-how-mindful-leaders-develop-better-companies-happier-employees.html
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

Source: mindful.org
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