

# MINDFULNESS FOR LEADERS

# ABOUT NIAMH

## **Chartered Psychologist, PS.S.I. - Professional Coach**

- ✓ Chartered Counselling Psychologist, 25 years experience
- ✓ Accredited Coach (ICF) & Certified EQi2.0
- ✓ Accredited Thought Leader in Empowering Authentic Leadership (All-Ireland Business Foundation)
- ✓ Solo Businesswoman of the Year 2022 (Network Ireland Wicklow)
- ✓ I've worked with – Virgin Media, Trinity College, UCD, RCPI, Uni Stuttgart, Gore Mutual Canada, KPMG, Accenture, Meta/FB, Irish Life, Goodbody's, JP Morgan, Gaisce, Arthur Cox...
- ✓ First to bring Emotional Connection Strategy (EmC) to Ireland & Europe – helping companies master the art of relationships so that you spend less time managing 'people issues' and have more time to focus on the real work.

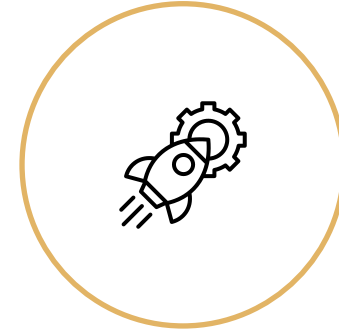
# WHAT WE WILL COVER



DEFINITIONS OF  
MINDFULNESS



UNDERSTANDING THE  
NATURE OF THOUGHT



PROVEN BENEFITS OF  
MINDFULNESS PRACTICE



WHAT IT MEANS TO BE A  
MINDFUL LEADER



AUTOMATIC PILOT V  
MINDFUL AWARENESS

**WELCOME**





# COME OUTSIDE

- ✓ Becoming more present
- ✓ Inside vs Outside
- ✓ Come out of your head and into your senses!
- ✓ Practice even for moments at a time
- ✓ Deepen your listening skills by becoming present every time you're with your team members

# 5 SENSES

Vision – what you see

Kinesthetic - what you  
feel (sensations/touch)

Gustatory –  
what you taste



Auditory – what you  
hear

# DEFINITION

Mindfulness means...

“Paying attention in a particular way  
On purpose  
In the present moment  
And non-judgmentally.”

*Jon Kabat-Zinn*

# MINDFULNESS....

Traditionally cultivated by meditation practices:

- ✓ Learning to pay attention
- ✓ Moment by moment
- ✓ Intentionally
- ✓ With curiosity and compassion
- ✓ Formal v Informal Practice



# WHAT IS MINDFUL LEADERSHIP

“A mindful leader embodies leadership presence by cultivating focus, clarity, creativity and compassion in the services of others.

Leadership presence is a tangible quality. It requires full and complete nonjudgmental attention in the present moment. Those around a mindful leader see and feel that presence.”

*Janice Marturano, “Transforming Leaders into Mindful Leaders” Mindful.org April 23, 2019.*

# PROVEN BENEFITS

- ✓ Regular meditators are happier and more contented than average. Such positive emotions are also linked with a longer and healthier life.
- ✓ Anxiety, depression and irritability all decrease with regular sessions of meditation.
- ✓ Meditation reduces the key indicators of chronic stress, incl hypertension
- ✓ According to Gallup's Workplace Well-Being Committee, Mindful Leadership leads to a 10-12% increase in performance and a 21% increase in business revenue

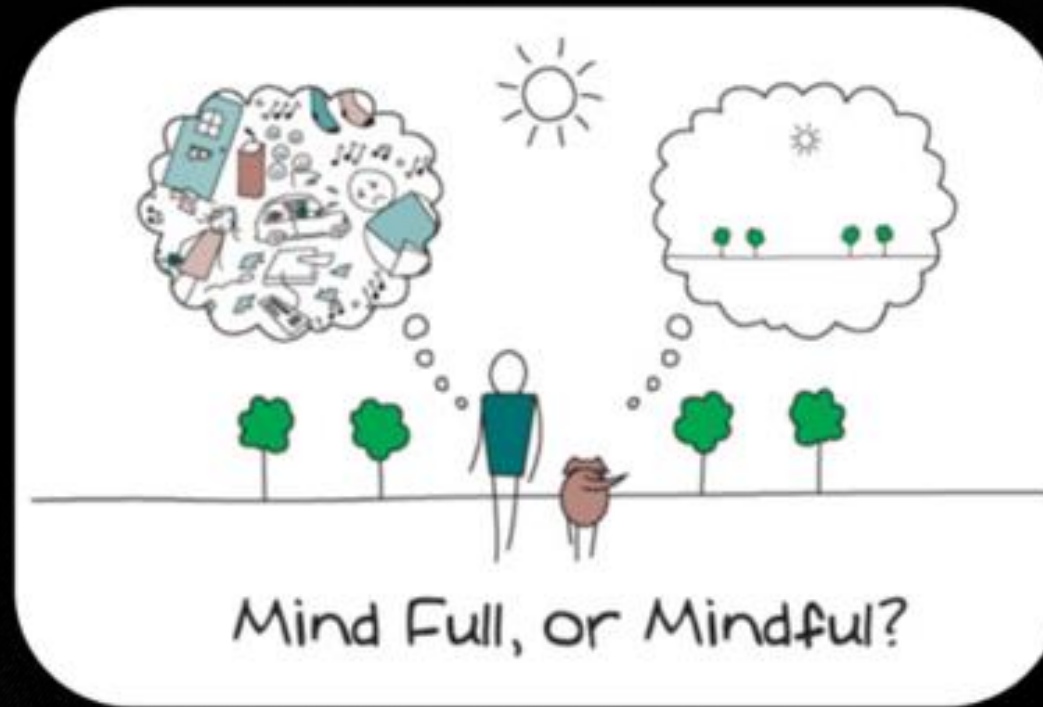
# THE BENEFITS

- ✓ Memory also improves
- ✓ Increase in Empathy & Compassion (fMRI scans)
- ✓ Can improve Emotional Intelligence – growth of self-awareness, self-regulation capacity, empathy.
- ✓ Reaction times become faster
- ✓ Physical stamina increases



TRAINS OF  
THOUGHT  
CLOUDS  
LEAVES IN STREAM





**Know that its normal for your mind to wander. Your job is just to gently bring it back (no criticism).**

**“Let’s see if I can *begin* to Accept whatever I’m experiencing in this moment.”**



# 3 MINUTE BREATHING SPACE

(MARK WILLIAMS)



# FEEDBACK

**HOW DID YOU GET ON?**

**WHAT DID YOU STRUGGLE WITH?**



# AUTO-PILOT

Mindfulness is about awareness. Paying attention. Being more present and awake to whatever is happening in our lives in the present moment.

Automatic pilot – driving, going upstairs, lock the car, turn off the iron, eating, drinking...

**By increasing awareness we can respond to situations with choice rather than react automatically.**

*Mindfulness is not about trying to get anywhere – but simply being aware of where you are – and allowing yourself to BE where and AS you are.*

# MINDFUL LEADERSHIP

- ✓ The perils of multi-tasking
- ✓ Press Pause + choose your response (instead of Reacting)
- ✓ Connect authentically with your people
- ✓ Listen with open curiosity
- ✓ Accept 'failures' as experiments from which we learn
- ✓ Develop your capacity to keep an eye on the bigger picture (not getting caught up in minutiae)

# THE MINDFUL LEADER MEDITATION

Taking note of the qualities exhibited by leaders we admire can help all of us pinpoint how to become better leaders ourselves.





# RESOURCES

- ✓ You-tube – Jon Kabat-Zinn
- ✓ Book: Mark Williams & Danny Penman “Mindfulness, a practical guide to Finding Peace in a Frantic World” incl. free CD/audible
- ✓ IrishMindfulnessAcademy.ie
- ✓ Padraig O’Morain
- ✓ The Sanctuary (Smithfield)

# KEEP IT PRACTICAL

HOW DID YOU GET ON?

WHAT DID YOU LEARN TODAY?

HOW CAN YOU APPLY WHAT YOU'VE LEARNED IN YOUR LEADERSHIP?

THANK YOU



**CLARITY**  
**COACH.IE**