

Mindfulness for Leaders: Generating the Space to Lead

This course will run over 6 three hour sessions (1000-1300) at weekly intervals beginning:

Monday 29 August to Monday 03 October – College Development Network

[View event details here.](#) Please note: To register your interest or to book a place on this course please email [Sandy MacLean](#).

Target Audience

Managers and leaders in Scotland's colleges who want to explore the way mindfulness can support their own capacity to lead.

Summary

This course is designed to support participants' capacity to lead in order that they can successfully apply practical mindfulness in the workplace and make mindfulness relevant to their working environment. Developing this understanding and skillset will help enhance the quality of working relationships through the direct application of enhanced listening skills and mindful practice. This course offers the opportunity to develop an understanding of mindfulness in the workplace, particularly in relation to reducing stress, and enabling resilience. However, the significant benefits are more far-reaching than improving well-being; research has shown significant improvements in productivity, relationships, employee engagement, creativity and the capacity to deal with demanding workloads. It is suitable for managers and leaders in Scotland's colleges who want to explore the way mindfulness can support their own capacity to lead. This will be achieved through:

- enhancing personal self-awareness
- enhancing individual's sense of calm, peace and self-compassion leading to greater resilience
- developing their understanding of the impact of 'reacting' rather than 'responding'.

By completing this course participants will enhance their ability to positively contribute to organisational objectives by:

- gaining improved clarity and developing their ability to think strategically
- improving productivity and focusing on tasks fully, without distraction
- developing divergent solution focused thinking when approaching situations and people.

Outcomes

On successful completion of this course, participants will be able to:

1. Understand the main core concepts, principles and benefits of mindfulness drawing from current research
2. Apply mindfulness concepts and principles to critically analyse/evaluate their own practice through the lens of mindfulness and identifying opportunities for self-improvement as a leader (leading self)
3. Use experiential knowledge of mindfulness/mindfulness concepts to identify approaches to leadership that will support specific individual(s)/ business team(s) (leading the business)
4. Use mindfulness as an approach to implement strategies which positively improve working relationships with others (leading others).

Programme Details

This programme develops the attributes of a mindful leader and is based on the latest thinking and research around leadership. Each session of the 6 week programme will be structured, in a similar way: 1) theoretical input, 2) experiential section, where participants will practice different meditations and 3) discussion and practical application of the session into everyday life, with a particular emphasis on the workplace.

In general, the programme will focus on:

1. Mindfulness of thoughts, emotions and feelings – mindfulness has a focus on noticing our thoughts; managing the associated emotions accompanying those thoughts; and tuning into the feelings. Through this process, participants raise their own self-awareness and emotional intelligence – a key requisite for leaders in the 21st century.
2. ‘Fitness of the mind’ – mindfulness can be thought of as ‘fitness of the mind’ and in understanding how the mind works we can train it to respond to ourselves, others and situations, rather than react on ‘autopilot’. This has a significant effect on our relationship with ourselves and others, and how we deal with situations in daily life.
3. Settling our minds – through meditation giving our mind the peace, calmness to create ‘space to think’, enhancing clarity of thought and enhancing strategic thinking.
4. Tuning in to the body – tuning into the intelligence in our body is also key, not only as a way to be fully aware of the emotions and tensions in our body, but also as way to ground us in the present moment.
5. Mindful Conversations – a focus on mindful listening and conversations, which improves relationships as well as enhancing decision making.
6. Kindness and Compassion – a way of bringing kindness to our own self critic, reducing our own internal stress, as well as, bringing kindness and compassion to others through different meditations. This significantly enhances relationships, leading to a better working environment.

Throughout the course participants will be expected to commit to a daily mindfulness practice of at least 10 minutes. In addition they will be provided with:

- e-mail access to the course leaders
- session details and associated content (face to face/e-mail/phone, as appropriate)
- MP3/4 recordings of the formal meditations for home practice.

The course will be facilitated by Angela McCusker, Chair of the Board, Dundee and Angus College and Sandy MacLean, Advisor, CDN. If interested please email Sandy at sandy.maclean@cdn.ac.uk to reserve a place.