



Meditation Sisters



Presents Our Transforming Leaders Workshop Topic: Change

Embracing Mindful Leadership for lasting success!

Date and Time:	You pick the date and time
Location:	We come to your location
Duration:	The workshop can be tailored to fit different timeframes, ranging from 1-4 Lunch & Learn hour session, up to a half day program.

Presenting an inspiring workshop on Mindful Leadership, where you'll discover the power of leading with intention, compassion and clarity. Learn how to unlock your full leadership potential and create a positive impact on your team and organization.

The workshop will utilize a combination of interactive presentations, activities/exercises, group discussions and mindfulness practices. Participants will have the opportunity to explore their own leadership style and beliefs, engage in practical exercises and receive personalized feedback and guidance throughout the workshop.

This training is designed for leaders, managers and professionals who are interested in developing their emotional intelligence, who seek to create more authentic connections, build trust, foster positive work environments, find new perspectives and integrating it into their leadership approach. It is suitable for all levels of leadership.

Key Benefits:

- ❖ Explore your beliefs of what leadership means to you
- ❖ Explore current and future outlooks
- ❖ Create a psychologically safe environment
- ❖ Build strong relationships with your team to pursue a cause greater than yourself
- ❖ Improve staff engagement and resilience when change occurs

Overview :

- ❖ The Mindful Leadership workshop focuses on presenting the need for change to move forward and how to engage employees to adopt the changes in a positive manner.
- ❖ Mindful leaders will have the tools to create successful team dynamics who work in harmony with one another, have inner reflection and outer action when change occurs.
- ❖ Staying the course
- ❖ Mindful leaders will be better equipped to deal with human emotions, connect compassionately with others, and foster a positive work environment while implementing change.
- ❖ This workshop provides several practical tools, principles, and strategies to present change to employees and other leadership.
- ❖ Avoiding Burnout
- ❖ Feeling resistance

Don't miss this opportunity to embark on a transformative leadership journey.

Website: MeditationSisters.com

Email: Info@MeditationSisters.com

Contact Us: [Denise Fassbender 843.957.4391](tel:843.957.4391) * [Lisa Jacobs 267.994.4222](tel:267.994.4222)