

Mindful Leadership Online Training Conference

MEDITATION SESSION Checklist

MINDFUL LEADERSHIP: HOW TO RUN A MEDITATION SESSION

- Arrive on Time
- Welcome People
- Explain What You Will Do
- Share a Personal Story to Connect
- Explain A Suitable Physical Posture
- Provide Basic Meditation Instructions to Newcomers
- Start Timer
- Remind Important Instructions During Meditation
- Keep It Light and Friendly
- End On Time
- Answer Questions (Don't Answer What You Don't Know)
- Confirm Next Date/Time for Meditation