

Mindful Leadership

Online Training Conference

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MINDFUL LEADERSHIP Checklist

MINDFUL LEADERSHIP: WHAT TO DO WITH YOURSELF

- Start Your Day Mindfully
- Set Intentions For Your Day
- Acknowledge Yourself For What You Have Already Achieved
- Focus On 3 New Actions That Move Your Needle
- Take Regular Breaks
- Drink Enough Water
- Stay Focused
- Review Your Day Mindfully

MINDFUL LEADERSHIP: WHAT TO DO WITH OTHERS

- Acknowledge Who Is In The Room
- Learn Names
- Be Human: Ask Personal Questions
- Be Human: Share Personal Experiences
- Listen Twice, Speak Once
- Monitor For Your Unconscious Bias
- Monitor For Emotion

- Create Safety To Hear Truth
- Live Truth to Inspire
- The Buck Always Stops With The Greatest Leader
- Share Praises
- Never, Ever, Ever Give Up

MINDFUL LEADERSHIP: WHAT TO DO WITH YOUR COMMUNITY

- Become a Team Player
- Understand Your Needs
- Understand The Needs Of Your Community
- Think Long Term
- Become a Pillar in Your Community
- Know Your Values
- Accept Being Visible
- Lead By Example
- Share Moments of Silence
- Celebrate Little Wins So You Can Celebrate Big Wins
- Find Common Ground
- Make Time Just For Connection

MINDFUL LEADERSHIP: WHAT TO DO WITH THE WORLD

- Spend Time in Nature
- Meditate Outside
- Pick Up Trash
- Recycle

- Value Clean Water
- Register to Vote
- Buy Carbon Offsets
- Eat Healthy
- Talk to People That Are Different Than You
- Travel
- Learn About Renewables
- Walk Your Talk