

## Mindful Change Leadership Development Program Details – English Pilot

**Agenda:** The description of each week’s Agenda, Goals and practice (Your turn for the week) are as follows.

Week 1, <b>Agenda:</b> intro (focus, clarity, creativity)	
<ul style="list-style-type: none"> <li>• Centering – Breathing exercise – 2 minutes (done)</li> <li>• Welcoming and Introductions</li> <li>• Etiquette / Structure / Recordings</li> <li>• Main objective of the Program</li> <li>• Objective for today</li> <li>• Target audience / Program goals / session goals</li> <li>• Use of GCMConnex / Webex for the program</li> <li>• The importance of “Connecting” a buddy system</li> <li>• The importance of Journaling</li> <li>• Practice: 5 min breathing</li> <li>• Your turn for the week</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>• Get to know each other</li> <li>• Understand the structure and mechanics of the sessions</li> <li>• Introduce mindfulness exercises</li> </ul> <p>Your turn for the week</p> <ul style="list-style-type: none"> <li>• Connecting – once a week with you buddy</li> <li>• Gratitude Journaling – daily</li> <li>• Practice 5 min breathing - daily</li> </ul>
Week 2, Agenda (focus, clarity)	
<ul style="list-style-type: none"> <li>• Breathing exercise – 2 minutes</li> <li>• Debrief from last week</li> <li>• Today’s session goals</li> <li>• What happens in the brain - neuroplasticity</li> <li>• Intro to Mindful Leadership</li> <li>• The Key Leadership Competencies</li> <li>• Practice: Body Scan</li> <li>• Technique - RAIN</li> <li>• Your turn for the week</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>• Two of the skills that a Mindful Leader shows are Clarity and Focus</li> <li>• Clarity by understanding what happens in the brain – neuroplasticity</li> <li>• Introduce Mindful Leadership concepts</li> <li>• Focus by doing a Mindful Body Scan</li> </ul> <p>Your turn for the week</p> <ul style="list-style-type: none"> <li>• Connecting – once a week with you buddy</li> <li>• Grateful Journaling – daily</li> <li>• Practice 5 min body scan - daily</li> </ul>
Week 3, Agenda (focus, compassion)	
<ul style="list-style-type: none"> <li>• Centering breathing exercise – 2 minutes</li> <li>• Debrief from last week 2 and the breakout rooms</li> <li>• Today’s session goals</li> <li>• Mindful Leadership – theory (continued)</li> <li>• 3 Pillars of Compassionate Leadership</li> <li>• What is "Leadership" and What Makes a Good Leader?</li> <li>• Practice – Mindful Leadership exercises</li> <li>• Your turn for week 3</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>• Deep Understanding – Compassionate Leader</li> <li>• Focus exercise – Mindful Listening</li> <li>• Clarity exercise – Mindful Decision Making</li> <li>• Compassion exercise – I wish you happiness</li> <li>• Focus exercise – by doing a 10 min Mindful Body Scan <b>or</b> Breathing</li> </ul> <p>Your turn for the week</p> <ul style="list-style-type: none"> <li>• Connecting – once a week with you buddy</li> <li>• Leaders Journaling - daily</li> <li>• Practice 10 min Breathing or Body Scan – daily</li> </ul>

Week 4, Agenda: Leadership (clarity, creativity, compassion)	
<ul style="list-style-type: none"> <li>Centering breathing exercise</li> <li>Debrief from last week 3</li> <li>Today's session goals</li> <li>Self-Compassion theory</li> <li>A definition</li> <li>The five myths of Self-Compassion</li> <li>Your take away assignment</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>Mindfulness – Water drinking</li> <li>Mindful Cleaning Your Environment</li> <li>Mindful Self-Compassion</li> </ul> <p>Your turn for the week</p> <ul style="list-style-type: none"> <li>Connecting – once a week with you buddy</li> <li>Practice 10 min Self-Compassion - daily</li> <li>Journaling</li> </ul>
Week 5, Agenda: Walking and Eating (focus, clarity, compassion)	
<ul style="list-style-type: none"> <li>Centering breathing exercise</li> <li>Debrief from last week 4</li> <li>Today's session goals</li> <li>The SCARF model</li> <li>Your take away assignment</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>Mindful Cleaning Your Environment</li> <li>Mindful Self-Compassion</li> </ul> <p>Your turn for the week</p> <ul style="list-style-type: none"> <li>Apply the SCARF model</li> <li>Connecting – once a week with you buddy</li> <li>Practice 15 min Self-Compassion - daily</li> <li>Journaling</li> </ul>
Week 6, Agenda: Presence and Eating (clarity, creativity)	
<ul style="list-style-type: none"> <li>Centering breathing exercise</li> <li>Debrief from last week 5</li> <li>Human being is enough</li> <li>Present - Presence</li> <li>Today's session goals</li> <li>Your take away assignment</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>Mindful Presence</li> <li>Mindful Eating Exercise</li> <li>Mindful Win-Win-Win</li> </ul> <p>Your turn for the week</p> <ul style="list-style-type: none"> <li>Connecting – once a week with you buddy</li> <li>Practice 15 min Self-Compassion - daily</li> <li>Journaling</li> <li>Be Mindful of your Presence</li> <li>Practice Mindful Eating</li> <li>Practice Mindful Win-Win-Win</li> </ul>
Week 7, Agenda: Walking and Meetings (focus, creativity)	
<ul style="list-style-type: none"> <li>Centering exercise</li> <li>Debrief from last week 6</li> <li>Today's session goals</li> <li>Some articles regarding Leadership *Dot</li> <li>EQ: a core leadership skill</li> <li>Empathy-is-key-to-effective-leadership</li> <li>Why self-aware leaders are more productive and effective</li> <li>To Be An Effective Leader Keep A Leadership Journal</li> <li>Making a Big (or Small) Decision? / Decision Time</li> <li>Meditation for Better Decision Making Ability</li> <li>Your take away assignment</li> </ul>	<p>Goals</p> <ul style="list-style-type: none"> <li>Mindful Walking Exercise</li> <li>Mindful Loving Kindness</li> </ul> <p>Your turn for the week</p> <ul style="list-style-type: none"> <li>Connecting – once a week with you buddy</li> <li>Practice 20 min Self-Compassion - daily</li> <li>Journaling</li> <li>Practice Mindful Centering</li> </ul>

Week 8, Closing (focus, clarity, creativity, compassion)

- Centering exercise
- Debrief from last week 7
- Today's session goals
- Snail speed - from unaware to unaware
- Assessments – pre, now, post
- Some book references
- Farewell
- Your practice – What from now?

Goals

- Mindful Breathing
- Your turn from now own
- Keep your practice
  - Be Mindful, inspire change, be the Leader you're meant to be