

## MINDFUL LEADERSHIP:

### TIME FOR THE MIND TO LEAD EFFECTIVELY

MONDAY 3<sup>RD</sup> JUNE 2-4PM, THE CLARION HOTEL, ST ALBANS



## PART OF ST ALBANS CHAMBER OF COMMERCE BUSINESS FESTIVAL 2019



### Summary

People sometimes assume leaders are more adept at rising above the roadblocks and stressors of everyday life. However, leaders face a unique kind of stress and managing it can be challenging. When you are a Mindful Leader, you intentionally put **strong disciplines** in place to **manage stress and heighten your energy, awareness and creativity**.

In this introductory workshop, leaders from the District are invited to convene to explore how Mindfulness training can support just that.

Mindfulness is a commonly heard phrase – taught appropriately, it is a practice **grounded in neuroscience** that helps us **rewire our brains to reduce our reactivity and gain more clarity**.

We will be exploring what it is to be a Mindful Leader as well as engaging in **practical exercises and reflection**.

You will leave with a strong introduction to mindful leadership as well as your own plan to put practices in place to support yourself and your team. This training is vital for any leader who wants to evolve their life and lead from the front.

Expect time to pause and **an interactive workshop** with like-minded leaders from the District.

## Trainer biography – Ruth Farenga



Ruth is Founder & Mindfulness Teacher of Mindful Pathway, helping the public and workplace employees develop skills and habits in wellbeing so that they can have happier and more productive lives. Ruth consults with organisations to develop a culture that supports wellbeing, incorporating creating healthy habits and mindful approaches to life and work that help prevent mental ill health.

Ruth completed a 2-year Diploma in Mindfulness Teaching and now continues her CPD with Oxford University.

Ruth's professional background is in both corporate organisations, where she worked primarily for Pearson Education and Intel Corporation, and the third sector as a long-term freelance trainer and project lead for the WISE Campaign (Women in Science, Technology and Engineering).

More info about Mindful Pathway: [www.mindfulpathway.co.uk](http://www.mindfulpathway.co.uk)

### What do people say?

'The Mindfulness workshop with Ruth really helped me to re-focus, reflect and re-prioritise certain aspects in my everyday life. I found the content very engaging and thought-provoking, the group discussion was interactive and energising and I came out feeling calmer, ready for change and relaxed after the meditation'

~ Claire Pope, Director of Marketing, Oaklands College

'The most calming, productive three hours I have had this year. Not only was the facilitator credible, experienced and a clear business leader but I derived satisfaction and knowledge from spending time with my fellow delegates. And the phone stayed OFF!'

~ June Cory, Owner & Director, My Mustard

'It helped me understand what mindfulness and meditation are, by clear explanation and by direct experience. I left wanting to know more'

~ Nick Heap, Owner, Practical Development Ideas

'As ever, Ruth has kindness, patience and intelligence unphased by the volume of a room full of dynamic leaders. Her calm and insistent instruction on the benefits and challenges of mindfulness take her away from simple evangelism and into pragmatic application of a scientific approach for mental health. Participants reported being less intimidated by the subject of mindfulness and interested in developing ways to apply her practice to their workplace. I couldn't recommend this next step highly enough'

~ Helen Burrige, Manager, St Albans Business Improvement District

'A really engaging and insightful half-day workshop motivating you to take the next step'

~ Andrei Lussmann, Managing Director, Lussmanns Restaurants