

MELBOURNE

One Day Retreat for Leaders

Foundations of Mindful Leadership

Friday 19 February 2016

The Bishop's Parlour, Abbotsford Convent
1 St. Heliers Street, Abbotsford Vic 3067

Cost Early bird \$285 plus GST (before 27 Jan 2015)
Standard \$325 plus GST Incl. mindfulness training, lunch, morning & a/noon tea

Register www.trybooking.com/IYAL

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Explore the potential that mindfulness training has to increase your focus and help you remain clear and calm, and to lead effectively in even the most stressful and demanding situations.

You will be introduced to techniques from our Corporate Based Mindfulness Training program, combining the latest neurological research and ancient wisdom to give you the tools you need to be more present, focused and effective both at work and in your daily life.

What you can expect

- Understand how the structure and function of the brain can be changed
- Enhance your performance through mindfulness training that will help you maintain your focus and deliver results
- master your emotions to respond rather than react
- connect with likeminded leaders

Who should attend

Increased information overload and distractibility leads people to feel "always on" for work. Research shows that leaders feel a lack of mental clarity and a loss of focus causing diminishing results and a level of stress that is not helpful. Mindfulness is about achieving results. This day in retreat is for anyone seeking to gain an insight into being a more mindful leader. Join organisations like Google, Herbert, Smith Freehills, Telstra, Sony who are developing leaders who thrive in today's business environment by developing a powerful culture of mindfulness.

The Potential Project works with banking and financial services sector, lawyers and consultants, government, utilities, transport and logistics, telecoms, IT and media, mining and resources, manufacturing and retail.

"Our industry is continuously changing and throwing us new challenges. Our people have to be agile, resilient and able to handle multiple and often conflicting priorities. While exhilarating, we wanted to help people focus and move to more proactive, effective work output."

Fiona Monfroov. HR Director Yahoo7

Facilitators



Sally-Anne Cotton



Sharee Johnson



Eve Wilson

