

NAVIGATE AMIDST UNCERTAINTY

A hand holding a vintage brass compass against a blurred background of a store or market. The compass is the central focus, with its face showing cardinal and intercardinal directions. The text is overlaid on the compass face.

PERSONAL
ATTENTIVE
LEADERSHIP

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DISCOVER THE POWER OF ATTENTION TRAINING

NAVIGATE AMIDST UNCERTAINTY

The future is 'business as unusual'. When your familiar structures crumble, what is your anchor? How do you navigate uncertainty? What is your inner compass?

How do you tap into your source of faith and love. Instead of getting caught between hope and fear?

How can you reinvent yourself and your work? Contribute your gift to the world and the necessary changes?

You might find that ongoing uncertainty makes it difficult to feel into your answers to these questions.

That is because lasting uncertainty tires the brain. Resulting in looping thoughts, emotions and restless behavior.

Making it difficult to anchor and really connect to who and what really matters to you.

That's why - in these challenging times - it's crucial to learn to stay anchored in trust. Connect to your unique gift; feel what is close to your heart. And use this as your inner compass to navigate work and life.

HOW?

DISCOVER THE POWER OF ATTENTION TRAINING



PERSONAL LEADERSHIP 1-1 ATTENTION TRAINING

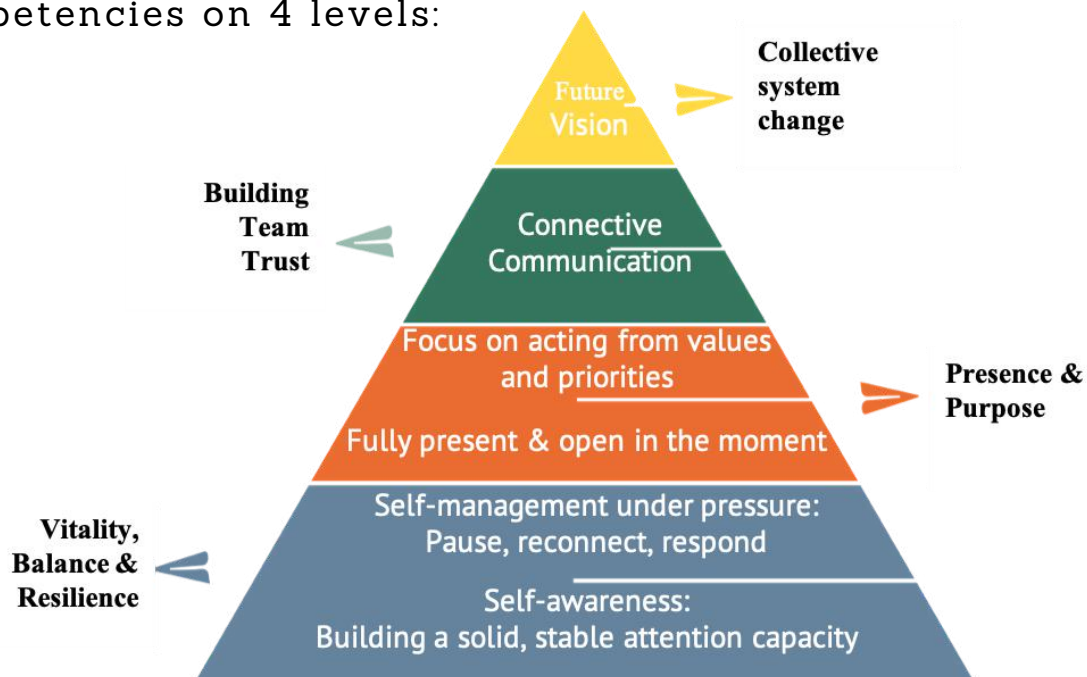
THE POWER OF ATTENTION TRAINING

Our brain is programmed to be extra alert to 'sudden fires' amidst uncertainty. Automatically relying on fight/flight/freeze mechanisms. Useful, but when uncertainty lasts, our brain gets stuck in this modus.

Resulting in an ongoing state of restlessness, a foggy mind and a lost connection to what you feel is valuable and wise.

Attention training is the key to restore this lost connection. **In building 'attention muscle'** you start to see through your brain's automatic patterns and develop the power to break them. Take back the lead over your mind, body and behavior.

In 10 individual sessions of 1 hour + and daily practice at home, a strong attention muscle becomes the basis for competencies on 4 levels:



PERSONAL LEADERSHIP 1-1 ATTENTION TRAINING

LEARNING OBJECTIVES ON 4 LEVELS

1. **Self awareness:** you learn to recognize your brain's automatic stress mechanisms and how to step out of looping thoughts and feelings. Reconnect to your heart. As a result, both resilience and quality of presence increase. In work and life.
2. **Personal Leadership:** you learn how to take agency over your attention and focus on what really matters to you. Navigating uncertainty from your values and priorities.
3. **Interconnective communication:** you learn how to create psychological safety for teams amidst uncertainty. A safe space to practice connective communication; deep listening; embracing diverse points of view and coming to inclusive decisions.
4. **Impact:** how to bring your vision into reality.

PILLARS OF THE TRAINING

- **The MBSR program:** Scientifically proven effective stress reduction & attention training (offered/researched at the University of Massachusetts Medical School since 1979)
- **Priority mgmt.** (Covey); Finding the Space to Lead (book J. Marturano, CEO GM)
- **Emotional Intelligence** (D. Goleman) + **Non Violent Communication** (M. Rosenberg)
- **Theory-U:** MIT Presencing Institute's change management using your gift to the world and quality of Presence based as a starting point.

PERSONAL LEADERSHIP 1-1 ATTENTION TRAINING

THE PROGRAM - PRACTICAL INFORMATION

- One-on-one training
 - Tailor-made and tangible
 - 10x 1 hour Video Conference sessions
 - Spread over maximum 26 weeks
 - Sessions are flexible, scheduled based on your agenda
 - Appointments can be rescheduled up to 24 hours before
 - Supported by audio material exclusively developed for this program
 - Reader with weekly subjects and exercises + articles from experts in the field of self-management, attention training, emotionale intelligence and change impact
 - Training facilitated in Dutch, English or Spanish
 - Price: 2000,- ex vat, 2420,- inc vat
- Interested? For a free - no strings- intake please e-mail: info@mindfulbizz.nl or call: +31620524584

ABOUT MINDFULBIZZ

We have been training leaders, teams & groups in business (from Zuidas to Bcorps) to take inner and outer leadership for a better world since 2014. Attention training is the basis of all our programs: enabling you to stay anchored and focussed amidst uncertainty. Our team combines certified mindfulness expertise + broader personal development + consulting & business background. This combination enables us to understand your specific challenges and make mindfulness tangible and applicable to your role & position.

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