



mastery with the mind

21st century leadership

Mind Over Matter

A Critical 21st Century Leadership Skill

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Conference

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Learning to bourrée in business and in life



- Apply knowledge of research showing humans' *ability to shift and master states of mind*
- Integrate compelling 21st century leadership thinking that combines *neuroscience, psychology & performance* research with *leadership effectiveness*
- Utilize *pragmatic exercises* that *increase resilience, improve productivity* and *reduce stress*
- *Explore the benefits* these exercises will have on you, the people you lead and your organizations.

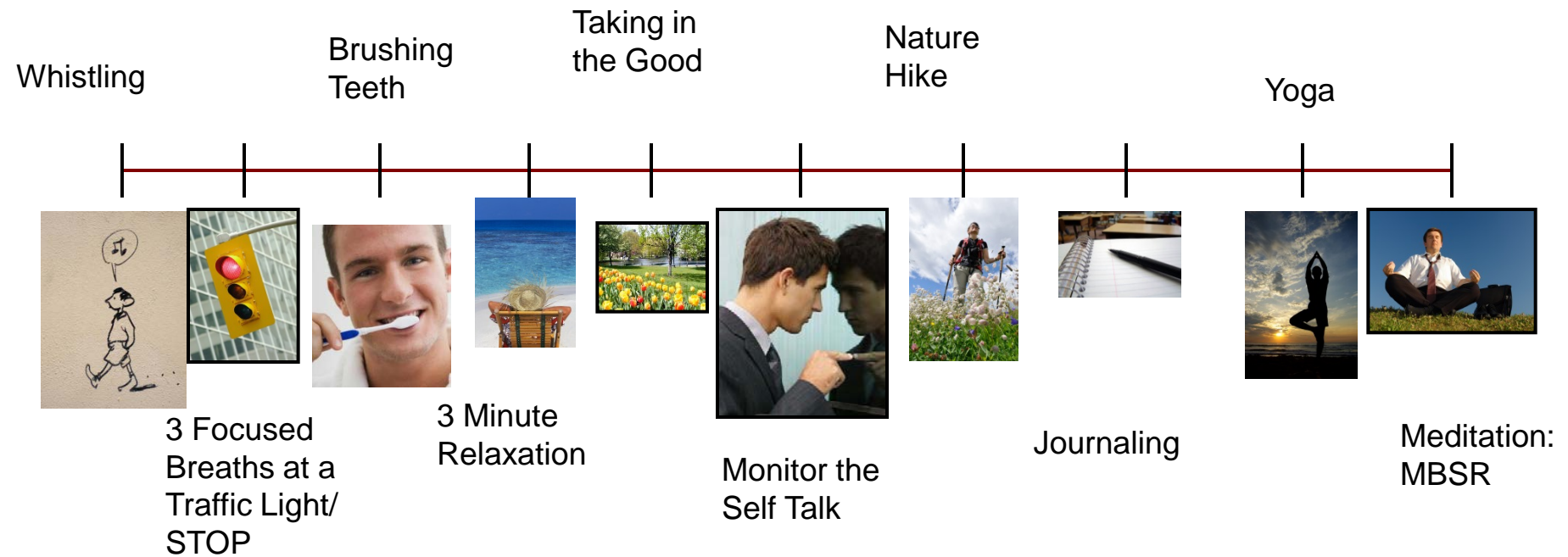
*Create a sustainable future that is
meaningful!*

Become a 21st century leader through strategies

- Think more clearly;
make better decisions
- Reduce stress & build
resilience
- Increase productivity
- Improve relationships
- Enhance your
immune system
- Potentially, slow
down aging



Mindfulness strategies continuum



Mindful research & leaders' productivity

Research suggests Leaders who practice Mindfulness exercises:

- Make accurate assessments of their environment, less prone to misleading, subjective, or perceptual blinders
- Have enhanced working memory capacity with beneficial effects for effective decision-making, complex problem solving, and emotional regulation
- Build capacity for empathy
- Experience an increased capacity for creativity and innovation



Tips for Bringing Mindfulness into Your Organization

- Test it out yourself! Become familiar with Mindfulness: read, practice, go online. Experiment!
- Clarify your objectives
- Build a coalition of interest
- Find and assess Mindfulness consultant/teacher qualifications and experience
- Options for first introducing the Mindfulness concept to your culture



Mindfulness- secular programs for organizations!

Balance approach of didactic theory with experiential learning and personal reflection

- Exercises of cultivating greater awareness - particularly with thoughts and emotions
- Different exercises of Mindful movement- increase awareness of body intelligence
- Education on Stress Physiology, Neuroscience and Psychology
- Exploration of Formal and Informal Mindfulness Practices for every day life

Mastery With The Mind Programs



- Mind Over Matter: 21st Century Leadership Skill
- Breakthrough Success: Building Adaptive and Relational Leadership
- Wise Change: Leading Continuous Transformation
- The 24/7 Antidote: Increasing Resilience & Reducing Stress
- 21st Century Leadership Coaching
- Adapted Mindfulness Based Stress Reduction (MBSR) programs

Acting from choice rather than habit!

