

MINDFULNESS BASED LEADERSHIP

“Mindfulness is a personal and an organisational tool for leaders to better manage themselves, relationships and work”

21 March 2017



Mindfulness Based Leadership

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We live in a world characterised by dynamic, far-reaching, and almost chaotic changes. Organisations function in a complex and dynamic environment. This reality creates on-going challenges, stress but, at the same time, many opportunities. In order to lead well, leaders need to better manage themselves, others and the opportunities out there.

Mindfulness is “the ability to be aware of an experience that occurs within and around ourselves, in a non-judgmental way, without being managed by it”. Mindfulness is used as a personal and an organisational tool. Leading organisations like Google, Facebook, General Mills, Apple and more, have already implemented mindfulness programmes, which have resulted in increased productivity, innovation and employee retention. Mindfulness has a wide scientific basis drawn from neuroscience, psychology and management research that have been conducted over the last few decades.

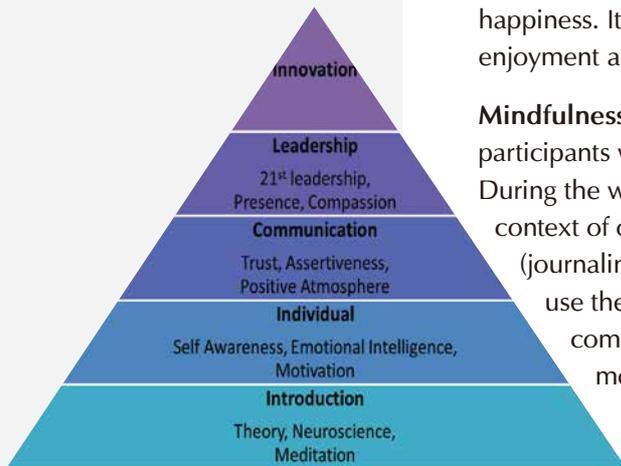
The added value of mindfulness is evident in three main situations:

- Routine - enhances productive and effective behaviour
- Stress - decreases stress and burden
- Opportunities and innovation - enables us to identify new opportunities and increases innovation

Mindful leadership enhances emotional control, resilience, and overall well-being and happiness. It helps in leading others more effectively and improves team performance, enjoyment and overall enables a better quality of life sustained over the long run.

Mindfulness Based Leadership provides mindfulness tools in different layers. First, participants will familiarise themselves with the main tool of mindfulness – meditation. During the workshop, the participants will practise different meditational methods in the context of organisations and leadership. Some of these include reflective writing (journaling), focus meditation and body scan. Finally, participants will practise how to use these tools in their day-to-day work environment. For example, how to mindfully communicate in difficult conversations, which will enable you to solve conflicts more easily and promote better solutions in various situations.

The workshop combines theory, practice and reflection, which is structured in five layers starting from “introduction” and culminating in “innovation”.



Speaker



Dr. Keren Tsuk
Founder and owner of Tsukconsult

Dr. Keren Tsuk has a Ph.D. from the Hebrew University in Jerusalem and is an expert in leadership in 21st century organisations. As founder and owner of Tsukconsult, an organisational consulting firm, she has 15 years of experience in accompanying organisations through different managerial and organisational challenges. Dr. Tsuk teaches “Globalisation and Emerging Scenarios” subject for PolyU’s Executive Master in Innovation Leadership programme.

Tsukconsult specialises in working with senior management in transition, growth and development processes using the ability to deal with tensions through mindfulness. At Tsukconsult mindfulness is taught by delivering lectures and conducting workshops that specialise in mindful leadership.

Customers include: EL AL Israel Airlines Ltd, Tnuva, Israel’s largest food manufacturer (acquired by Bright Food), Fireblade, Firma. The Brandhouse, MTI Wireless Edge, eXelate, Imperva and more.

Programme Objectives

The objective of the course is to provide leaders of organisations to better manage yourself and others. By learning to re-center in high-performance situations, you can develop a higher quality of attention, connect more authentically with others, lead more intentionally and produce better results and increased innovation. Upon completion of the programme, participants are expected to achieve the following outcomes:

- Increased self-awareness
- Increased clarity in decision making
- Take centered action and improve your results
- Increase your resilience
- Promote real and candid conversations
- Increase your capacity to engage and inspire others
- Lay the groundwork for innovative and productive action
- Fulfill your leadership potential and support your organisation's purpose



Takeaways from those who joined "Mindfulness Workshops"

Director,
One Zero R&D, Ltd.

"I learnt how to use mindful practice for improved self-awareness. It was rejuvenating to practise it with classmates and professors."

Chief Financial Officer,
The Lane Crawford Joyce Group

"Being introduced to mindfulness is to me a whole new experience. More importantly, I understood how to apply mindfulness in business environment."

Building Engineer and
District Councillor,
Kowloon City District Council

"Practising mindfulness has improved my life and work. Mindfulness helps me to face challenges and tensions more effectively and train myself to become a mindful leader."

Programme Structure

Morning session

- Welcome and Introduction
- Introduction to Mindful Leadership
- Practice - focused attention meditation
- Emotional intelligence and the connection to mindfulness
- Journaling meditation
- Exercise - dealing with triggers
- Increasing self-awareness
- Why bring mindfulness into the body
- Mindfulness in decision making
- Practice - body scan meditation
- Q&A

Afternoon session

- Mindful relationship with co-workers - building trust
- Practice - mindful conversations
- How to handle mindful meetings
- Mindful leadership
- Practice - leadership presence
- Review of Takeaways and Concluding Remarks

INSTITUTE OF ADVANCED EXECUTIVE EDUCATION

The Institute of Advanced Executive Education (IAEE) at The Hong Kong Polytechnic University (PolyU) is *Your Learning Vista for Dynamic Transformation*. Established in January 2011, IAEE develops advanced executive education and provides interdisciplinary courses. We embrace PolyU's promise of "Opening Minds · Shaping the Future" in designing programmes for senior executives, organisations and business professionals.

The Institute draws on PolyU's strengths to offer interdisciplinary executive education programmes in niche areas. Through our programmes, senior executives develop innovative thinking, enhance their leadership skills for strategic and operational excellence.

Advanced Executive Education is one of the four priorities set by the President of PolyU, Professor Timothy W. Tong, in his Inaugural Address in 2009. Led by Mrs Georgina Chan, Director of Institute of Advanced Executive Education, IAEE aims to enhance the University's reputation and connections with the private, public and professional sectors locally, nationally and globally. Mrs Chan possesses senior management experience with strategic development capabilities, extensive knowledge and skills in education and training gained locally and overseas. Prior to joining PolyU, Mrs Chan had held senior positions with two prestigious professional accountancy bodies, Institute of Singapore Chartered Accountants and the Hong Kong Institute of Certified Public Accountants (CPAs).

BESPOKE PROGRAMMES

We work collaboratively with our clients to identify and understand their company needs, helping them develop strategic business solutions that address the unique challenges they face. The format, framework, content, duration and methodologies of each programme are completely customisable. Developed and delivered by leading professors and experts in the field, our customised programmes inspire, enrich and empower participants, leading to significant outcomes for their organisations.

OPEN PROGRAMMES

IAEE has developed a portfolio of executive education programmes that offer senior executives and business professionals flexible learning in the development of their careers. All our programmes help participants acquire strategies and techniques to transfer what they learn back to their organisations. As a participant you will be inspired by our faculty members and reputable speakers, who are renowned for their ability to offer cutting-edge insights to senior executives and professionals at all levels. They will engage, challenge and equip you with knowledge, skills and expertise that will place you ahead of your peers.

AWARD-BEARING PROGRAMME

IAEE partners with PolyU's Department of Computing to offer an interdisciplinary *Executive Master in Digital Leadership* programme that specially designed to provide forward looking executives with genuinely innovative professional development experience to become well-equipped leaders in today's digital economy.

Registration & Enquiry

A completed registration form with cheque payable to "The Hong Kong Polytechnic University" should be sent to IAEE on or before **7 March 2017 (Tue)**. Spaces are limited, registration will be accepted on first-come-first-served basis.



Date: 21 March 2017 (Tue)
Time: 9:30 am - 5:00 pm
Venue: PolyU campus
Fees: HK\$6,000 per person
(Lunch and refreshments are included)

Tel: (852) 3400 8476
Email: iaee.enquiry@polyu.edu.hk
Website: www.polyu.edu.hk/iaee
Address: GH267, GH Podium Annexe,
The Hong Kong Polytechnic University,
Hung Hom, Kowloon

Combo Programmes

Enjoy **10% discount** for registrations of any two of the IAEE Senior Executives Series programmes.

Enjoy **5% discount** for registrations on or before 21 February 2017.

Looking for training topic?

Talk to us to learn about the wide array of programmes on offer and tailor a combo that best suits your needs.

CONTACT US

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