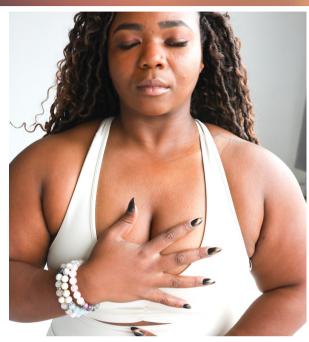
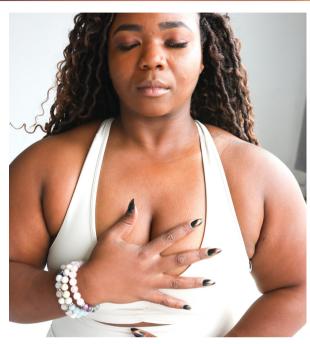
CHRISTA JANINE Fithwess



THE NINE BENEFITS OF MINDFUL LEADERSHIP:

- 1. Mindful leadership cultivates a richness of experience; ordinary, everyday work can feel heightened, meaningful, and at times extraordinary.
- 2. It removes gaps between mindfulness practice, work practice, taking care of people, and achieving results.
- 3. It considers learning from stress, challenges, difficulties, and problems to be an integral part of the process of growth and not something to be avoided.
- 4. It helps us recognize and work with contradictions and competing priorities to cultivate flexibility and understanding.
- 5. It helps us experience timelessness, effortlessness, and joy even in the midst of hard work and exceptional effort.





THE NINE BENEFITS OF MINDFUL LEADERSHIP:

- 6. It can be applied to any activity to cultivate both confidence and humility.
- 7. It embraces individuality and unity everyone has a particular role and yet all make one team, supported by and supporting one another, practicing together.
- 8. It considers true success twofold in the character and compassion of the people and in the quality and results of the work.
- 9. It allows us to shift from a narrow, egocentric, fear-based way of being to becoming more open, curious, connected, and able to help others.