



CHRISTA JANINE

*Fitness*



## 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.



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## 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.