

Get Out of Your Mind & Into Your Leadership

Session 4623—Saturday August 17, 2019

Presented by: Angela Kontgen & Maureen (Mo) Hagan

Session: Objectives: Bridging the Gap Between Intelligent Leader & Intentional Leadership with:

- Acknowledgement
- Awareness
- Action

Whether you are leading yourself, a team or an organization, you have seen plenty of research and knowledge about the qualities that make a good leader. So, if there is this plethora of information on the subject, why does the world still have leaders who lack authentic passion, purpose or a vision and instead lead from a place of fear and ego? Could it be that there exists a great gap between leadership theory and application; a divide between knowing what makes a great leader and becoming one.

We do not need more information; we need to calm the brain and mind, and work on ourselves at this deeper level in order to change our state of being.

The research on mindfulness, cited in the Harvard Business Review (2015), How Meditation benefits CEO's, suggests that meditation sharpens skills like attention, memory and emotional intelligence (ability to regular your emotions), and reduces anxiety, thereby potentially boosting resilience and performance under stress. When your brain and mind is busy with 'mind chatter', constantly focused on the past or the future, you mind is closed, which for most of us happens almost as soon as we wake each morning.

<https://www.psychologytoday.com/ca/blog/use-your-mind-change-your-brain/201305/is-your-brain-meditation>

Meditation can help your focus on the present as you shift your focus from the busy outer world and direct it inward, giving you access to the subconscious mind.

***There is a reason this session is being offered as the last session on Saturday at canfitpro 2019. Join us and learn why and walk away with practical tools to take your leadership inward and to the next level.**

Mo with present five of her seven signature Leadership Principles and Angela will put them into a meditation practice for delegates to experience. Join us.

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