



Business & Financial Conference

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Becoming a Mindful Leader... Regardless of Job Title

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Becoming a Mindful Leader , Regardless of Job Title

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I saw a guy at
Starbucks today.
No iPhone, no
tablet, no laptop.

He just sat there.
Drinking coffee.
Like a psychopath.

Leadership Is Demanding

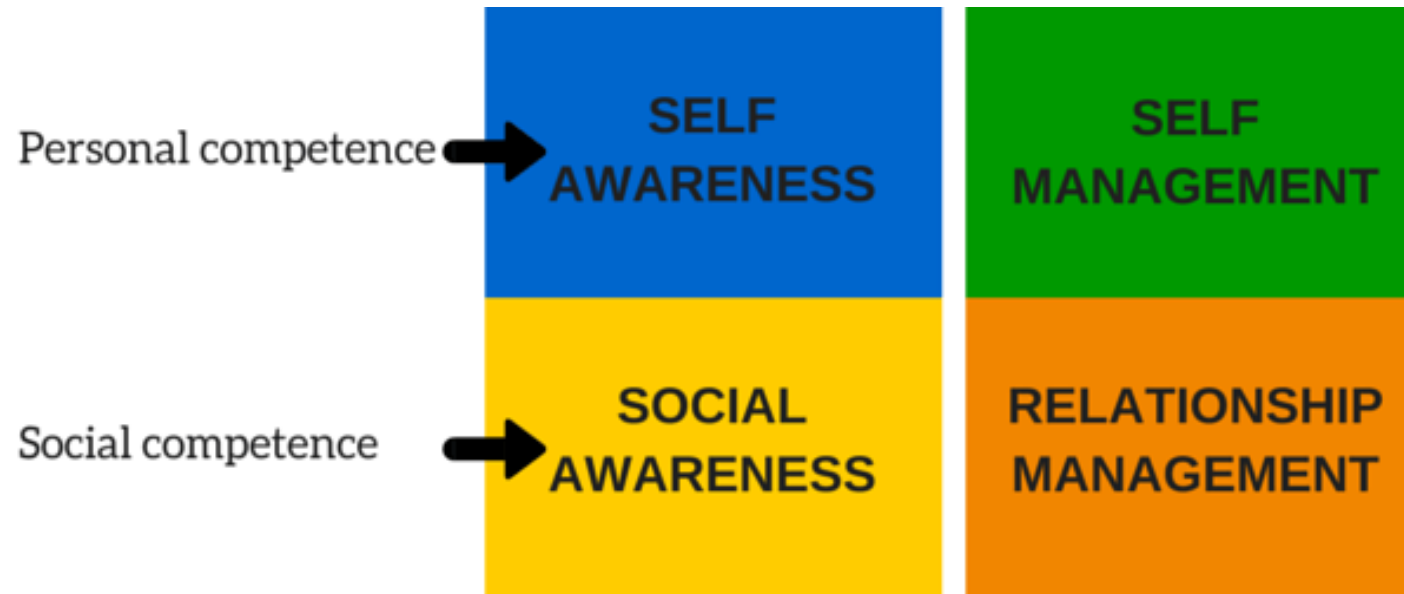




What Is Mindfulness?

“Mindfulness is paying attention to our present moment experiences with openness, curiosity, and a willingness to be with what is.”

The 4 Cores of Emotional Intelligence





Learning Objectives

1. Cultivate awareness about ourselves and others through mindfulness practices.
2. Question our dysfunctional beliefs about ourselves and others.
3. Demonstrate the qualities of a mindful leader in relationship with others.

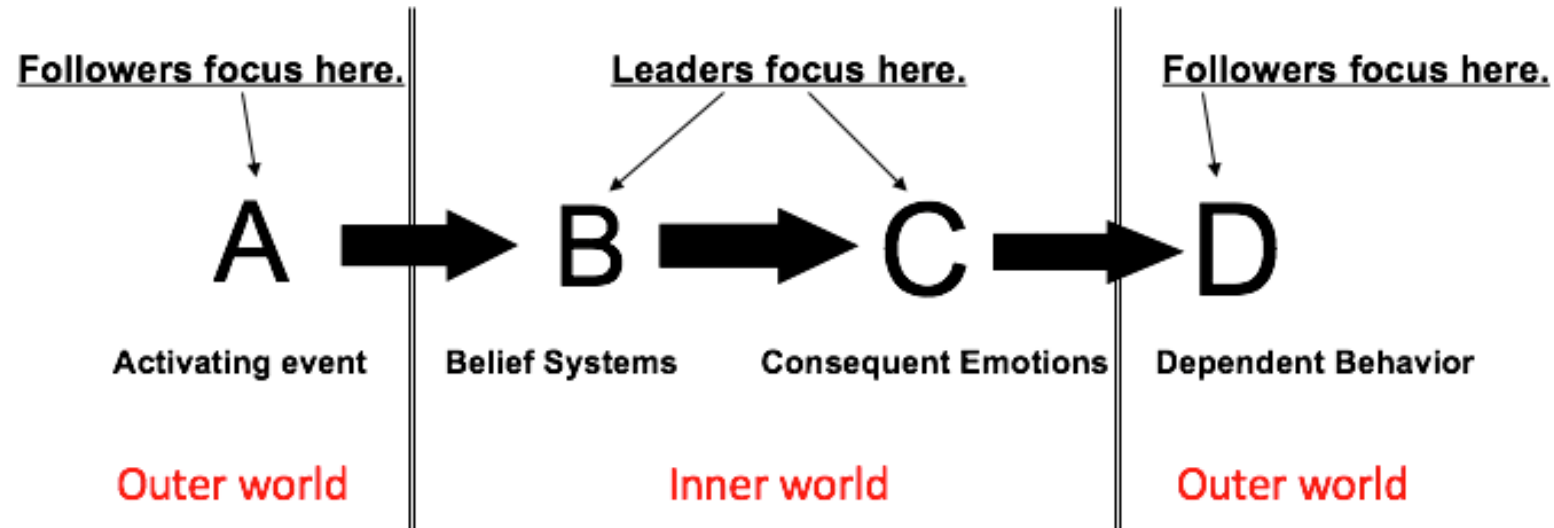


So What Makes Someone A *Mindful* Leader?

5 Fundamentals of A Mindful Leader

- Awareness
- Creativity
- Curiosity
- Compassion
- Focus

Mindful Leaders Have “Inner World Awareness”



Questioning Dysfunctional Beliefs



Activating event

Belief Systems

Consequent Emotions

Dependent Behavior

Example:

Dan offers his opinion, unsolicited, for the fifth time this meeting.

Dan has no respect for what we have already done.

Anger
Frustration
Annoyed
Disrespected
Resentment

Shut Dan down.
Publicly dismiss Dan.
Avoid talking to Dan.

Dan has no respect for authority.

****New Belief****

Dan offers his opinion, unsolicited, for the fifth time this meeting

Maybe Dan is insecure because he's new

Curiosity
Acceptance
Concern

Discuss Dan's ideas with him privately and coach him on appropriateness of timing when contributing to the conversation.

Dan does not realize his opinions can be disruptive and off-topic



Power To Choose

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

~Viktor E. Frankl

We Practice



Mindful Listening & Speaking

Listener

Give compassionate attention
Stay curious
Don't verbally respond
Facial expressions are okay
It's okay if you feel silly 😊

Speaker

Speak authentically
Connect to your body
Don't rush
Connect to your partner
It's okay if you feel silly 😊



The Gift Of Mindfulness

***“The most precious gift we can offer anyone is our attention. When mindfulness embraces those around us, they will bloom like flowers.”
-Tich Nhat Hnah***



Mindfulness Anytime





Questions?



Please contact me if you think I can be of help.

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