

# Mindful Leadership

## 7 WEEK COURSE



Mindfulness is a 'must have' for future leaders. As the world around us becomes faster, more digital and more complex, it is the individuals who can inspire, engage and lead teams who are best positioned for success.

The part-time 7-week Mindful Leadership course will provide you with the skills, tools and practical implementation steps to help you develop the self-awareness, authenticity and commercial acumen to set compelling business vision, to maximise the performance of diverse teams and to unlock the full potential of your leadership.

You'll apply your learning with a practical project supported with 1:1 coaching, online content and a series of facilitated workshops.

**Learn more**  
[theplatoproject.com/mindful](https://theplatoproject.com/mindful)

 **Plato Project**

**Enhance your skills to become a future ready leader**

### 7 WEEK COURSE

- 18 hours face to face workshops
- Online learning content
- 1:1 coaching session
- Apply learning through a personal project
- Pitch & present session

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### MODULE 1

## The Foundations

- Mindful leadership & its importance
- Self-awareness & resilience
- Strategic foresight & scenario planning
- The purpose of leadership

### MODULE 3

## Cultivating Resilience

- Professional resilience
- Grit' & the growth mind-set
- Managing adversity & conflict
- Business modelling & environmental analysis

### MODULE 5

## Mindful Leadership in Practice

- Mindful communication
- Co-creation & collaboration
- Setting goals
- A mindful, strategic leadership process

### MODULE 2

## Empathy & Customer Understanding

- Developing self-awareness habits
- Uncovering purpose and values
- Managing triggers in business situations

### MODULE 4

## Developing Emotional Intelligence

- Empathy mapping
- Utilising EQ to understand your team
- Mapping leader-employee interactions
- Leading different personalities

### MODULE 6

## Creating Outcomes

- How to create action plans for implementation
- Leading & managing up
- Setting personal goals
- Comprehensive program review