



# Mindful Leadership

4-Day Residential Courses in  
Keswick, Cumbria and  
Open Courses in Dubai

From the Results Driven Group

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## Mindful Leadership

### Introduction

This four day residential course is for leaders who want to inject longevity and sustainability into their work lives, prevent leadership burnout, and generate performance in their organisation – reliably and respectfully

Mindfulness is about actively paying attention to what is actually happening in the moment, in order to respond with integrity and thus remain focused on our strategic results

This enhances our ability to succeed in today's ever more dynamic and complex world

Today, leaders have been described as facing a VUCA environment: one that is volatile, uncertain, complex and ambiguous. Previous notions of control and change management are being questioned, and new capabilities are now required of leaders

Previous research, although still limited in work contexts, suggests that people who practise mindfulness at work report an improved ability to communicate clearly and a better ability to handle workplace conflict; they respond more appropriately to stressful situations, show greater self-awareness and perhaps have a greater capacity for innovation



Don't just look, observe.  
Don't just swallow, taste.  
Don't just sleep, dream.  
Don't just think, feel.  
Don't just exist, live.

Evidence suggests that mindfulness practitioners are more resilient and more emotionally intelligent – better able to 'read' themselves, others and particular contexts/environments

Our broadest contention is that those who are more mindful have a greater capacity to flex their own mental and emotional states, which benefits themselves and their organisations

We have developed this cutting-edge interactive workshop to help managers become less stressed and defensive, and consequently more resilient, emotionally intelligent, and authentic as leaders

### Who's it for:

Leaders and managers, those taking on roles with increased complexity and responsibility

Managers who want to develop the ability to keep cool and maintain a clear mind under extreme pressures

Individuals interested in bringing mindfulness into their organisations, to raise wellbeing and workplace performance

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Those seeking to experience work as more meaningful and productive, improve workplace relationships, increase ethical behaviour, and make perception more accurate

People wishing to improve the quality of their listening and communicating skills

## The benefits to you and your organisation:

Create greater personal resilience to thrive under pressure

Develop higher self-awareness and manage your thoughts and feelings better

Remain focused on values, priorities and results when others get derailed

Build stronger personal impact, influence and effectiveness

Achieve better balance in your general outlook

Enhance the way you manage relationships, judgement, problem solving and decision making in high pressure situations

Find ways to be more in tune with yourself, other people and your organisational context

## Programme content:

### Understanding mindfulness

Acquire methods that will help you maintain focus and attention and deliver results

### Learn how to deal with emotions

Master emotional reactions

### Develop deeper relationships

Develop more effective and genuine relationships

### Learn how to give developmental feedback

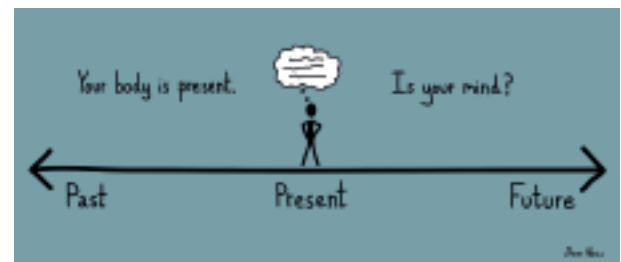
Learn feedback methods that can be used in one-to-one and team situations to strengthen collaboration

### Learn how to harness your energy

The process of mind over matter can be compelling

### Become a wiser decision maker under pressure

Develop the ability to remain calm in the eye of the storm



## Learn by doing

Build your personal program plan for becoming a mindful leader

## Learn from others

Connect with like-minded leaders

## Develop authentic leadership

Have the courage to act according to your values



## The Residential course in the Lake District:

The four day workshop will include discussion, group work, mindfulness exercises, meditation, and outdoor reflections whilst walking amongst the stunning vista of the Lake District

The residential will offer delegates a unique opportunity for self – reflection

## Open course in Dubai

The four day workshop will include discussion, group work, mindfulness exercises, meditation, and outdoor reflections whilst walking in the Parks in Dubai; this will offer delegates a unique opportunity for self – reflection

## The Team

The Team have been running Leadership programmes for over 23 years across all levels of business from the Public, Private and Third sectors, their experience brings a different type of context to the learning process to be able to become a Mindful Leader

Liz Goodwin is a qualified YOGA/Meditation Teacher and uses energy awareness to help develop the Mindful Leader through reflection, meditation and exercise

To enquire about any of these courses please call us on 0845 094 0587 or email us on

[info@resultsdrivengroup.co.uk](mailto:info@resultsdrivengroup.co.uk) or book online on [www.resultsdrivengroup.co.uk](http://www.resultsdrivengroup.co.uk)



## \*Next steps\*

If you want to enrol on the course or have any queries then please call us on 0845 094 0587 or fill in a registration form online or email us on [info@resultsdrivengroup.co.uk](mailto:info@resultsdrivengroup.co.uk) or [www.resultsdrivengroup.co.uk/home.aspx](http://www.resultsdrivengroup.co.uk/home.aspx)



## The cost in the UK

The programme cost including, (accommodation and all meals), leadership development modules, mindfulness activities, online reading, leadership assessments and certification is £1595 + VAT per delegate.

## The cost in Dubai

The programme cost including, delegate day rate in a Hotel (includes Lunch and refreshments throughout each day of the programme) leadership development modules, mindfulness activities, online reading, leadership assessments and certification is \$3600 per delegate.

## In house delivery options

We can deliver this program in house for a minimum of 8 delegates, contact us for further details

## Programme dates

### \*\*4 Day Residential Course in the Lake District\*\*

Programme one – From 11:00 on 29th October to 16:00 on 1st November 2018

Programme two – From 11:00 on 4th February to 16:00 on 7th February 2019

Programme three – From 11:00 on 3rd June to 16:00 on 6th June 2019

### 4 Day Open Course in Dubai

Programme four – From 08:30 on 8th October to 16:30 on 11th October 2018

Programme five – From 08:30 on 14th January to 16:30 on 17th January 2019

Programme six – From 11:00 on 28th April to 16:00 on 1st May 2019

## In house delivery options

We can deliver this program in house for a minimum of 8 delegates, contact us for further details

## Flexible payment terms

It is possible to set up a 6 month payment plan for delegates who are self-funded with a 30% deposit payable on booking

## Open residential courses in the Lake District with Results Driven Group

What makes the results driven experience different from any other residential course?

Firstly we will start with the location...

The northern Lake District around Keswick and Derwent Water is arguably one of the most beautiful areas in the UK, it does not matter which time of year you are there, the panorama is always changing and the views are always stunning...



Secondly we use nature as a metaphor for learning...

We believe that you think and work differently according to the environment you are exposed to and work in, we use all of the elements of nature to enhance the learning experience and take you out on each day of the programme to experience learning outdoors...☺

“All of the activities we use are safe and are tailored to the capabilities of each group”

**Earth** – the landscape around us, the Mountains, Valleys and different vistas according to the seasons

**Air** – the different forces that the wind can create and the effect on the landscape that it has is awe inspiring!!

**Fire** – the strength of the sun and difference it can make to a view or an experience or how you feel allows you to reflect and look at things from different perspectives

**Water** – the lakes and the rain, the background vistas that you can embrace in the different seasons make this a stunning place to learn

### Client testimonial

*Fantastic way to learn and improve your skills. Environment unbelievable, enthusiastic trainer and the chance to meet an interesting group of people to exchange views and theories.*

Debbie Frisker

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Thirdly, the delegate experience is completely different...

Normally on a residential course you would just turn up at 0930 in the morning and then go home at 1600 back to your Hotel, as part of the programme we spend time learning together, undertaking activities together, eating together and most of all having FUN, one delegate recently described this as Homeliness, and that he has never come across this type of experience before on a training course...

## Client testimonial

*A fast moving inspirational course which utilises a range of teaching methods in beautiful surroundings...*

Lisa Aitken

And finally the networking aspect...

This is something you can never recreate on a closed course programme, when you mix up clients who come from the public, private and third sectors, who have had completely different life experiences, different perspectives of how things work and job roles – then anything can happen!!, it is usually pretty special and we have seen long lasting friendships developed over the time that they spend with us in the Lakes...

Your accommodation whilst in Keswick...

We have 3 beautiful Houses in Keswick where you will stay whilst on your residential course in the Lakes, you will have your own bedroom and you will be fully catered for as well over the period of your stay...

If you would like to see the properties, then please visit; [www.newlandshousekeswick.co.uk](http://www.newlandshousekeswick.co.uk) for further information

Hopefully this will give you an insight to why the results driven learning experience is different...

Regards

Chris Goodwin – MD – Results Driven Group