

Mindful Leadership Workshop

Presented by:

Patrick Briody, Institute for Mindful Leadership Instructor

Mindful leadership is a training of the mind in which we cultivate our capacity to be present, to meet our complex lives with the ability to make conscious, innovative choices, and to lead and live with excellence.



Three Hour Mindful Leadership Workshop:

In this half day workshop, mindfulness meditation practice and practical applications of mindful leadership are experienced as we explore the ways in which our ability to create space in our day affects our ability to lead—whether we are leading a global organization, a team, our family or our own lives. We will look at our personal filters, our autopilot tendencies and the distract-ability of the mind. And we will begin to see how training the mind can improve our ability to focus, be creative, and embody compassion—at work and at home.

This workshop is being offered by the Institute for Mindful Leadership, an internationally recognized non-profit dedicated to bringing mindful leadership training to organizations and individuals around the world.

Mindful Leadership training is fitness for the mind. With dedication and practice, you can transform yourself, your organization and your community.

Program dates:

November 22; 1:00 to 4:00pm or January 10; 1:00 to 4:00pm

Program cost:

\$145 for one three hour workshop; includes the award-winning book by Janice Marturano; *"Finding the Space to Lead—A Practical Guide to Mindful Leadership"*

About Patrick Briody:

Patrick Briody brings a wide variety of experience from the corporate, creative, and contemplative communities. As an executive on Wall Street, Patrick has been responsible for large technology organizations around the world, and mentored many through the challenges typical of this environment. He has been a dedicated student and practitioner of mindfulness meditation for over a decade and has attended many intensive mindfulness retreats with a number of highly experienced teachers throughout the years.

Contact us:

For more information, please visit www.instituteformindfulleadership.org or email patrick@instituteformindfulleadership.org

To register, please call, **973-971-6301**

Location of this workshop: Chambers Center for Well Being, 435 South Street, Morristown, NJ

The Integrative Training Center is committed to educating the community and medical professionals on the importance of integrative medicine and the future of health care. We offer tools and techniques to proactively manage chronic health problems. Health care providers are trained to prevent and treat disease using evidence-based medicine from global healing traditions. We emphasize integrative learning as a primary focus and charge individuals with taking responsibility for their actions.