



Institute *for*  
Mindful Leadership

*Invest In Leadership*  
*Invest In Yourself*



# Our mindful leadership trainings create focused, productive and engaged leaders.

The Institute for Mindful Leadership combines mindfulness practices with leadership development training that reflects the realities of work and business today. These simple practices not only help reduce stress, they improve performance, build resiliency, increase productivity, and promote team collaboration.



# NO OTHER ORGANIZATION HAS AS EXCEPTIONALLY QUALIFIED INSTRUCTORS.



Founder and Executive Director **Janice Marturano** heads an experienced team of professionals, whose experience in corporate, nonprofit and government enterprises, balanced with extensive training in mindfulness and mindful leadership, enables the Institute to offer clients a business perspective and the flexibility to customize programs to address organizational objectives.



*Janice Marturano*  
Founder  
Executive Director



*Patricio Barriga*  
Senior Instructor  
International Programs



*John Cregier*  
Senior Instructor



*Dawn MacDonald*  
Senior Instructor

# OUR PROGRAMS

*Using meditation and leadership reflections, clients are invited to explore a wide array of practical applications including leadership principles, mindful dialog, mindful meetings, decision-making, and inspirational leadership.*



- ▶ **Keynote Addresses, Half and Full Day Programs, Multi-Day Retreats**
- ▶ **Online Training Options and Public Offerings**
- ▶ **Instruction available in English/Spanish**
- ▶ **Ongoing Resources and Support Available**

The effectiveness of our curriculum is verified by over a decade of research.

### Mindful Leadership Training Promotes Better Decision-Making

93%

Said mindful leadership training had a positive impact on their ability to create space for innovation

70%

Reported the training made a positive difference in their ability to think strategically

60%

Reported they were more likely to respond with clarity, even under pressure.



After Training, Leaders are better listeners and more likely to respond with Compassion

89%

Mindful leadership enhanced their ability to listen to themselves and others

77%

Mindful Leadership enabled them to pay attention and stay on task

Our research demonstrates that the benefits of our trainings continue after program completion.

# GLOBAL IMPACT

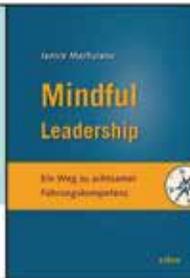
Our trainings are trusted and used by professionals from some of the world's leading businesses and organizations. Our award-winning curriculum has set the standard for mindful leadership training for well over a decade.

## FINDING THE SPACE TO LEAD



Winner of the Nautilus Book Award

*"Better books for a Better World"*



“At the World Economic Forum, I saw in person how Janice Marturano’s mindful leadership training could make a real difference in the lives of corporate leaders from around the globe.”

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*Arianna Huffington,  
president and  
editor-in-chief,  
Thrive Global*

“Mindful Leadership has transformed my life. As a corporate change agent my ability to understand myself and others better is crucial to bring about skillful and sustainable improvements.”

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*Andreas Metzner,  
senior vice  
president, DVB  
Bank SE*

“I describe my first mindfulness retreat as life-changing. Her clarity, encouragement, and reminders to be gentle on ourselves as we learn to be mindful leaders are simply amazing.”

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*Gale S. Pollock,  
major general (ret.)  
CRNA, FACHE,  
FAAN*

“This is not some ‘new age mindset’ rhetoric... as someone who had no idea what mindfulness was, this has made me a better leader, father, and husband by building the muscle of staying focused on demand.”

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*Joe Ens, vice  
president, General  
Mills*

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*THE JOURNEY BEGINS HERE*

**EXCELLENCE**