



Leading Mindfully: How to Focus on What Matters, Influence For Good, and Enjoy Leadership More (Paperback)

By Amanda Sinclair

Allen Unwin, Australia, 2016. Paperback. Condition: New. Main. Language: English . Brand New Book. Simple practices of mindfulness can enhance our effectiveness and enjoyment in leadership work. Leadership teacher and researcher Amanda Sinclair shows how mindfulness is helpful for all of us involved in the day-to-day of leadership, in those interactions in organisations, communities, schools and families where we are seeking to influence others towards positive outcomes. Incorporating user-friendly summaries of the latest neuro-scientific and leadership research, Amanda invites us to experiment with twenty mindful practices. None of these activities take extra time or require us to withdraw to a mountain cave. They do help us find time for the people and purposes that matter most to us. In a world where we regularly feel captured by a never ending To Do list, expanding demands and depleted energies, Leading Mindfully provides a practical, simple and powerful path to leadership that is not only sustainable but full of delights and pleasures. A gift to all of those who seek to make a difference in the lives of others while keeping themselves well in the process - Donna Ladkin, author of Authentic Leadership Sinclair takes us on a journey of leadership based on mindful principles...



READ ONLINE
[4.75 MB]

Reviews

This is basically the very best publication i actually have go through until now. It really is loaded with knowledge and wisdom I realized this publication from my i and dad encouraged this publication to discover.

-- **Bryana Klocko III**

Without doubt, this is actually the best job by any publisher. It is writter in basic phrases instead of difficult to understand. You will like the way the author publish this publication.

-- **Dr. Marvin Deckow**