

# Gympass

What you need to know about Mindful Leadership

## WHAT IS IT?

Mindfulness is a state of mind not a trait. It involves the awareness that arises from paying attention in the present moment, without judgement. Being mindful brings both personal and professional benefits to your life, and it is a powerful tool to embrace your daily interactions with a sense of calm and responsibility. Mindfulness helps reduce stress and anxiety, increases emotional intelligence and improves communication.



## CONSEQUENCES OF STRESSED LEADERS

**7%**

of employees believe that stressed leaders can manage teams effectively

**11%**

of employees with stressed leaders are highly engaged at work

**50%**

of employees perceive stressed leaders as harmful or ineffective at work

**Lack of stress management**

drive employees to stop developing within the company

## MINDFUL LEADERS BECOME MASTERS IN

**1**

Separating themselves from events and observing situations from a neutral position, with empathy.

**2**

Controlling their reactions to threats or difficult situations rather than reacting without thinking.

**3**

Being more present and more thoughtful in their organizational choices.



## HOW CAN YOU BECOME A MINDFUL LEADER?

As a leader, your role is to connect with others and inspire change. That is something you can do with a mix of rational and emotional intelligence. To become a mindful leader, you will need to:

- 1 Develop self-awareness.** People can only enhance their mindfulness by paying attention to their behavior and how others make them feel and react.
- 2 Improve presence.** It is an easy shift to make with only five minutes of breathing exercises per day that will open space in your mind to reflect on your emotions.
- 3 Walking meditation.** Take some time during the day just to walk with no specific goal or destination but simply to move your body and deal with your thoughts exclusively.
- 4 Stay offline.** No one can assimilate emotions and feelings when there is no time to stop and restart. Disconnect from work, internet or distractions to help your body and mind to recover and perform the changes you identified in your meditation.
- 5 Constant follow-up.** Even though you might be aware that you need to pause, think and adjust, your team might not be. Make sure to follow up and encourage the practice of self-awareness, and the acknowledgement of emotions.

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