

Making Of A Mindful Leader

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After this session, you will be able to:

- ▶ Identify the benefits of being a mindful leader
- ▶ Learn to meditate
- ▶ Find ways to detox
- ▶ Create a strategy to invest in yourself
- ▶ Identify and practice the virtues of mindful leadership

What is Mindfulness?

- ▶ The practice of being aware of your body, mind, and emotions in the present moment
- ▶ Purposeful, non judgmental awareness
- ▶ Paying attention to our experience in a way that allows us to respond rather than react



A hand holding a pair of glasses in front of a blurred background of a room with colorful posters. The glasses are held in front of the text, and the background is a soft-focus office or classroom setting with various posters and a computer monitor visible.

What is Mindful Leadership?

- ▶ Applying the concept of mindfulness to leadership
- ▶ Pillars of leadership:
 - ▶ Focus
 - ▶ Clarity
 - ▶ Creativity
 - ▶ Compassion
 - ▶ Optimism

Benefits of Mindful Leadership

- ▶ Improved Productivity
- ▶ Improved Emotional Quotient (EQ)
- ▶ Improved Focus
- ▶ Improved resilience to deal with stressful work conditions



Meditation

- ▶ Posture
- ▶ Process



Meditation - Posture

Seated in a chair

- ▶ Legs shoulder width apart and feet resting on the ground
- ▶ Shoulders are relaxed
- ▶ Straight spine
- ▶ Head is slightly tilted forward with a downward glance
- ▶ Eyes can be opened and focused on a spot five feet away or eyes can be closed
- ▶ Mouth relaxed and slightly open
- ▶ Hands rest palms down on the thighs

Meditation - Process

- ▶ Bring your attention to something specific (Breath, sound of the second hand of a wall clock, a raisin or a piece of chocolate in your mouth.)
- ▶ Focus your attention.
- ▶ If your attention drifts, bring the attention back to the object.
- ▶ Tools – headspace, calm





Ways to Detox

- ▶ Detoxing Body
- ▶ Detoxing Mind

Body Detox

- ▶ Eat healthy
- ▶ Sweat it out!
- ▶ Clean clutter
- ▶ Sleep!



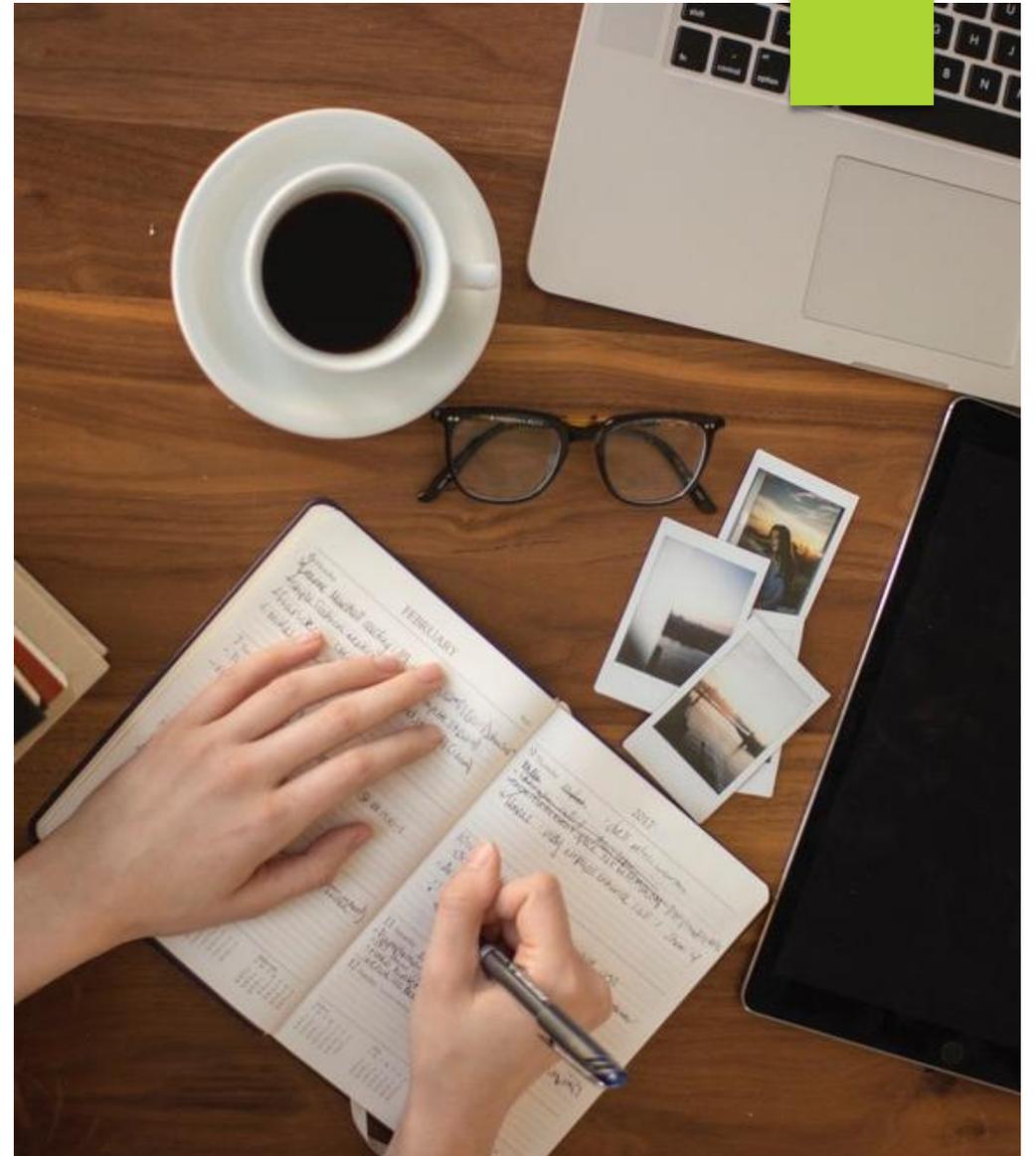
Mind Detox

- ▶ Emotional detox
- ▶ Digital detox
- ▶ Clean clutter
- ▶ Meditate
- ▶ Doing nothing time!
- ▶ Tools- happify, moment



Invest in yourself

- ▶ Self care
- ▶ Identify what “success” means to you
- ▶ Time to focus on what makes you happy
- ▶ Learn new skills that help you get closer to your goals
- ▶ Tools - edx.org, ATD, skillshare



Virtues of Mindful Leadership

1. Practice empathy
2. Have clear vision
3. Create smart goals
4. Assume positive intent
5. Practice powerful pause
6. Maintain balance
7. Learn and stay curious



Practice Empathy

- ▶ Show gratitude
- ▶ Be respectful
- ▶ Listen – see others point of view



Have Clear Vision

- ▶ Reflect
- ▶ Define what success means to you
- ▶ Know what you want



Create Smart Goals

SMART Goals

- S** Specific → What do you want to achieve in your area of focus?
- M** Meaningful → Why is this goal important to you?
- A** Action Oriented → What steps will you take to achieve it?
- R** Realistic → How do you know that you can achieve this goal?
- T** Timely → By when do you want to achieve this goal?



Assume Positive Intent

- ▶ Give people benefit of doubt
- ▶ Choose to assume that people are operating at their best
- ▶ Build a culture of trust
- ▶ Don't go into a meeting with a mindset



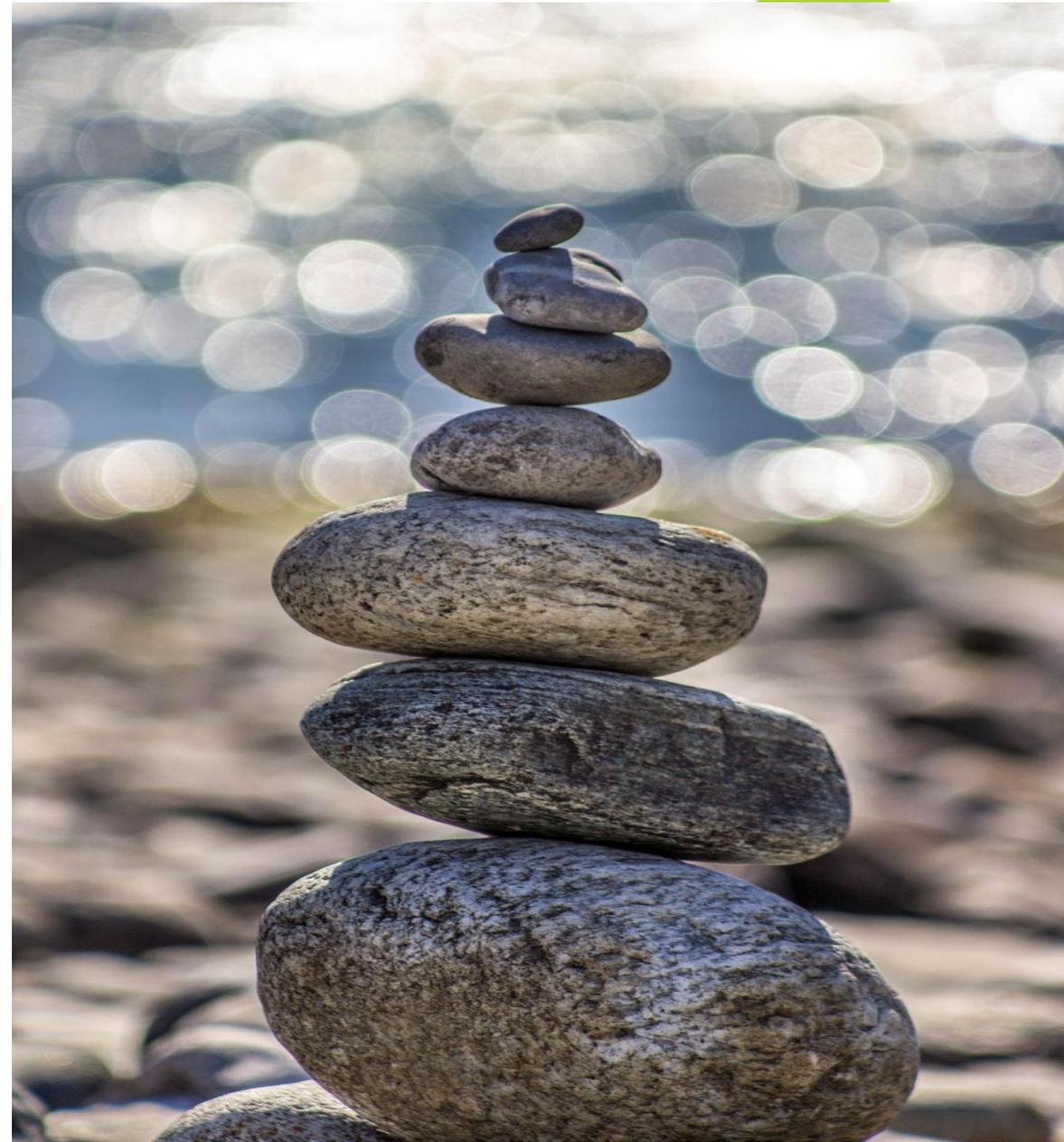
Practice Purposeful Pause

- ▶ Create space in the midst of momentum
- ▶ Place of soul connecting



Be Congruent

- ▶ Know your vision and values
- ▶ Act in harmony with your vision and values
- ▶ Find a career that allows you to be congruent



Learn and Stay Curious

- ▶ Accept that you don't know it all
- ▶ Open yourself to learning from anyone and everyone



Good Reads

- ▶ **Search Inside yourself** - *Chade-Meing Tan*
- ▶ **Finding the space to lead** - *Janice Marturano*
- ▶ **The law of attraction** – *Esther and Esther K. Hicks*



Next Steps

- ▶ Set 3 calendar entries each day (5 min each to meditate).
- ▶ Set 30 mins each day to learn something new and invest in yourself.
- ▶ Make an attempt to genuinely connect with people.
- ▶ Before you go to bed, make sure to express gratitude.
- ▶ Set up a monthly 30 minute meeting with yourself to review where you are on your goals.



Questions?



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