



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
[5.82 MB]

Reviews

Without doubt, this is the very best function by any writer. It typically will not charge too much. I discovered this publication from my dad and i encouraged this pdf to discover.

-- **Clement Stanton**

This written publication is wonderful. It is rally fascinating through reading period. I discovered this book from my dad and i suggested this publication to find out.

-- **Keshaun Daugherty**