



# 10 Tips for Mindful Leadership

As a leader you set the tone for your team and the culture of your organization.

Your most powerful leadership tool is how you walk the talk.

## 1 Start mindfully

Take time to set yourself up at the start of the day with a short pause practice where you check in with yourself and set your intention for the day. Count 3 blessings.

## 2 Be available and empathetic

People notice and are inspired (or otherwise) by who you are and what you do more than what you say. So, practice being 'present', approachable and generous.

## 3 Like Velcro for positive experiences

Re-wire your mind's innate tendency to scan for problems and notice and celebrate successes. Remember your mood is highly contagious and affects everyone.

## 4 Transform your 'busy' habit

Slow down and encourage others to do the same. Though it seems counter-intuitive, unitasking is more effective. Rushing and multitasking create stress and burnout.

## 5 Take responsibility

Own your mistakes when you do mess up (as you will, everybody does!). People want leaders who are real and honest, not perfect.

## 6 Take care of yourself and others

Remember that no-one can pour from an empty cup. Ensure that you and your team notice early signs of stress and respond wisely. Model: Taking a breath, pausing and re-setting.

## 7 Compassion always beats criticism

People need to feel safe and your job is to provide that. This creates a growth environment. If someone needs help (even you), provide that so they can do better next time.

## 8 Pause, be intentional in each interaction

Take a breather and ask yourself "What is important and what am I bringing? Your intention keeps you on track and your attitude matters. Cultivate: openness, patience and warmth.

## 9 Encourage people whenever possible

Let people know clearly what's expected. Then, be on the lookout for good effort and acknowledge it. Celebrate success by having some fun together.

## 10 Speak last and operate as a coach

Show people you value their contributions and have their back. Normalise failure and make it acceptable to not have all the answers. Grow a 'we're in this together' approach.