Mindfulness is a contemplative, focused awareness training used worldwide by people ranging from business CEO’s, to athletes and even educators, to enhance performance and reduce stress. A derivative of the term sati, mindfulness literally means “to remember” to pay attention in each moment to that which we are presently focused on (Gunaratana, 2011). As such, mindfulness requires that you practice attention-based training, which as a result, enhances neural growth (neuroplasticity) in the higher cognitive regions of the brain (Hanson, 2009). The result is that mindfulness practice can help us overcome distractive mental habits and curb negative thought patterns. Moreover, it has been shown to increase concentration and attention, as well as reduce stress, anxiety, and depression by promoting psychological well-being (Barbezat and Bush, 2014). In practicing mindfulness the aim is not to achieve perfect concentration, but rather to enhance our awareness of where we place our moment-to-moment attention. The result is that we become more self-aware of how our minds work, and subsequently, learn how to better work with our minds. Such techniques are incredibly useful in navigating the workplace, particularly when learnt in tandem with the skillsets of emotional intelligence (EQ): self-awareness, self-management, social awareness, and relationship management (Goleman, 1995).

Throughout the 21st century the workplace has shifted dramatically due to constant digital disruption, hyper-connectivity and cultural diversity. Superior business leadership in an over-stimulated working environment has become increasingly challenging; heavy multitasking through day-to-day tasks is common and hyper-connectivity means that we are always communicating, both online and offline. The modern working style can be overwhelming, and multitasking our way through does not always prove effective. Further, leaders are expected to seamlessly adapt to these challenges within the 21st century business landscape. How can you better navigate these demanding times? Do you want to better manage the modern work environment, by staying calmer under stress with stronger focus and better memory? How do you step into your rightful role as an inspiring leader who maintains high leadership performance and superior well-being? The answer: mindfulness (Goleman, 2017).

Mindful leadership can transform your career and life; however, it all starts with transforming your self first. This minor will teach self-transformative techniques through focused awareness training and mental relaxation, both of which are proven to enhance focused productivity and reduce stress (Hanson, 2009). To build a stronger foundation in the practice of mindfulness, optional, supplementary focused awareness practices such as meditation and yoga, will also be offered within this course. If your goal is to become an industry leader who possesses the characteristics of flexibility, clear communication, authenticity, and enhanced EQ, then this course is for you. This minor will provide you with the building blocks to becoming a mindful leader. Think of the course as both an intrapersonal and interpersonal self-development journey, whereby you will learn how to optimally lead both self and other.
To create this journey of mindful leadership, the respective topics of the module are mapped directly onto Daniel Goleman’s EQ quadrant (Goleman, 1995). Thus, *Mindful Leadership: Application Of Mindfulness In Industry* will consist of training the skillsets of self-awareness, self-management, social awareness and relationship management. Through the course, each skillset will be explored and the relative mindfulness tools and techniques of that skillset will be honed. On-going assessment of the knowledge and application of these tools and techniques will ensure that by the end of the course, students will know how to engage and integrate a range of mindfulness-based EQ skills into business industry. Moreover, creation of a mindful leadership portfolio and action plan will further the possibility of successful integration of mindfulness into the workplace. As such, this module aims to forge a future career path in students that is built on the pillars of personal success and well-being.

After the completion of the minor, the student will be able to:

1. Understand the skillsets of mindful leadership
2. Understand the emotional intelligence (EQ) quadrant and its relationship to mindful leadership skillsets
3. Explain and regulate attitudes using emotional management techniques based on the EQ quadrant
4. Demonstrate empathetic and mindful communication
5. Know how to obtain intrinsic motivation through mindful leadership in order to gain job satisfaction
6. Recognise the applied benefits of mindfulness-based practices in corporate industry lifestyle
7. Demonstrate a progressive practice of mindfulness-based activities and document their subjective effects (via reflection journal)
8. Define mindfulness and explain its relationship to present awareness and stress reduction
9. Design and present an action plan on how to develop mindful leadership qualities

**Educational method:**
Design Based Learning
Master classes
Student-led seminars
Presentations
Fieldtrips
Workshops
Meditation & Yoga
Silent Meditation Retreat (optional)