

## The Mindful Leader

### *Connecting to your authentic voice*

*An Exclusive one-week residential retreat, specifically designed for senior business leaders.*

**19th—23rd October, Lough Finn, Co. Fermanagh, Northern Ireland**

Standout Leaders are those that are able to stay calm, focused and aware in all situations. Yet we all know that is not easy to achieve, especially for leaders in large and complex organisations. Centred, focused calmness is not just a skill, it is a mind-set. In order to be free of the constant pressures and stresses of our daily life, yet still able to perform and contribute, we must create the inner space to choose our response.

We have designed a program to allow you to do exactly that. Taking the best in Leadership Development from our own experience – spanning 20 years, we want to take you on a journey of discovery of perhaps the most exciting landscape that you will ever explore: YOU!

This program is expertly facilitated by seasoned leadership advisers and mindfulness practitioners, highly experienced in the techniques that will be shared.

This week long program is not about the cerebral experience of leadership, concentrating instead on the here and now experience of Leadership and how your thoughts, habits and beliefs will shape the leader that you will become. The program is designed to help you make a more conscious connection to the inner drivers that impact on all aspects of your life.

*Core questions that we will explore include:*

*How can I connect with my deeper intentions, so that my actions and results are always linked to a deeper sense of purpose?*

*How can I connect with the present moment in order to be more aware and conscious in my daily life?*

*How can I learn to both hold and relinquish power, creating an empowering partnership with those around me?*

The venue is Lough Finn, a beautiful and peaceful Lake-land resort in Northern Ireland which will offer a calm and quiet backdrop for the program. The program will involve a variety of activities including:

- ◆ Small Group Discussions (Max 8 people),
- ◆ Personal Reflection
- ◆ Guided meditation & Mindfulness Techniques
- ◆ One-to-one coaching
- ◆ Insight sessions
- ◆ Engaging outdoor activities
- ◆ Tai Chi & Yoga

**By the end of the program you will have:**

- ◆ *A deeper understanding of your motivations, intentions and influences.*
- ◆ *Articulated your life goals and developed clear ideas of how to work towards them*
- ◆ *Expanded your view of leadership and your role, to understanding the deeper more authentic connections that you are able to make*
- ◆ *Learnt tools and techniques to become more connected and centred, learning to use your personal power in a focused and considered way.*

In keeping with the mind/body connection, we will be offering a range of nutrient rich vegan/vegetarian meals alongside the traditional country fayre, so that the week is equally good for both body and soul.

**Places are strictly limited, so to express an early interest and find out more email us at:**

**info@agents2change.com**