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**Leadership in a complex innovative age requires the ability to see clearly, understand deeply, and act swiftly. One, often undervalued, resource we have to meet this challenge is the power of our awareness.**

Too often we get overwhelmed by complexity; inundated with data and fixed points of view. Through the power of awareness, we transform how we think, feel, and make sense of the world.

The question becomes how to cultivate the power of awareness. Nearly everything we've learned how to do involves a learning process with (hopefully) clear operating instructions. The same is true for developing our awareness.

In this one-day course, Creative Mind @ Work, participants will be introduced to operational instructions that have been tested for over the past 2,500 years. These practices focus on how to utilize mind/awareness to create greater fulfillment and positive outcomes. The development of both mental complexity and deep empathy will facilitate decisions that are bold, decisive, and inclusive.

## **Learning Objectives**

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- Learn how mindfulness works
- Understanding the science of mind
- The distinction between mindlessness and mindfulness
- Understanding the pitfalls of mind wandering, emotional distractions, unfocused conversations and fixations on our opinions
- The role of mindfulness in individual and group interactions
- How to develop a mindfulness practice to develop one's awareness
- How to create the conditions that facilitate creative mind and innovation to come forward
- How mindfulness connects us to our source of inspiration and creativity

## **Ideal Audience**

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Leaders and all levels seeking to learn about and incorporate the practice of mindfulness at work.

## **Outcomes**

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- Create more openness to the environment and ourselves
- Suspend quick judgements
- Avoid getting hooked into emotional entanglements
- See multiple of points of view without getting caught in endless discussion
- Empathize deeply with what is taking place