

Mindful leadership in action

25 & 26 OCTOBER

Do you have what it takes for leadership in the 21st century?
Are you equipped with the skills, strategy
and tools to make it happen?

red & yellow

Presented by Debbie Goodman-Bhyat this workshop is a comprehensive introduction to the practice of Mindfulness, with a focus on applying Mindfulness-based principles to life and work, in a practical, accessible way. Drawing on global leadership trends and the business case for Mindful Leadership, the programme provides tools to incorporate Mindfulness as a key element of leadership innovation.

The workshop is for leaders who want to transform engagement, culture and productivity; coaches, who want practical ways to incorporate Mindfulness-based tools in their practice; and leadership development professionals. Expect not only the theory and strategy, but also loads of tools, case studies and practical applications that bring the

WHO IS THIS WORKSHOP FOR?

- Entrepreneurs who want to maximise team engagement and productivity
- Entrepreneurs and leaders managing 'millennials'
- Executive coaches
- Leadership Development professionals in corporates
- Executives, senior and middle-managers looking for new ways to lead
- Professionals who have done Mindfulness courses or exec MBA's and now want to introduce mindful leadership practices into their workplace
- HR professionals interested to introduce Mindfulness to their organisations with practical accessible tools
- Women in leadership

OUR PRESENTER: DEBBIE GOODMAN-BHYAT

Debbie is the founder and CEO of Jack Hammer, one of SA's top 3 executive search firms.

For almost 20 years she has invested in helping people get the best of work and life - building a team of impassioned professionals within Jack Hammer, and in finding great leaders for organisations throughout Africa.

She appears regularly on television and radio, and as a keynote speaker at conferences- on a mission to light a spark for new ways of leading teams and organisations.

Debbie has recently published her first book, "IntheFlow - Taking Mindfulness to Work", which was listed in the 'Top 10 Best' South African business books in 2016.

She is also a founding member of the Cape Town Chapter of EO, a global entrepreneurship organisation of 12 000 members.

ABOUT THE SERIES

EXECUTIVE EDUCATION

Recognising that the world is rapidly being changed by intelligent technology, Red & Yellow introduces a series of 2-day intensive workshops to help senior executives and progressive leaders stay ahead of the curve.

We've partnered with best-in-class industry practitioners across a variety of topics that focus on 'human skills' and creative business thinking.

OUTCOMES

 Delegates will gain a solid understanding of:

- The science and data behind Mindfulness
- Mindful Leadership and global leadership trends
- The business case for Mindful Leadership
- Formal and informal Mindfulness-based practices
- How organisations globally are using Mindfulness in their businesses (case studies)
- Designing a framework for incorporating mindfulness-based practices into a work environment
- Creating an action plan for incorporating practical mindfulness-based tools into your life (and work)

WORKSHOP R 9 750.00 in Cape Town

Including lunch, drinks & dinner with the presenters.

Ex. PE, JHB, DBN: An additional R 4 950.00 gets you

- Return flights
- Accommodation for 1 night
- and airport transfers

20 places only, so don't delay.

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