

What does Mind Time do?

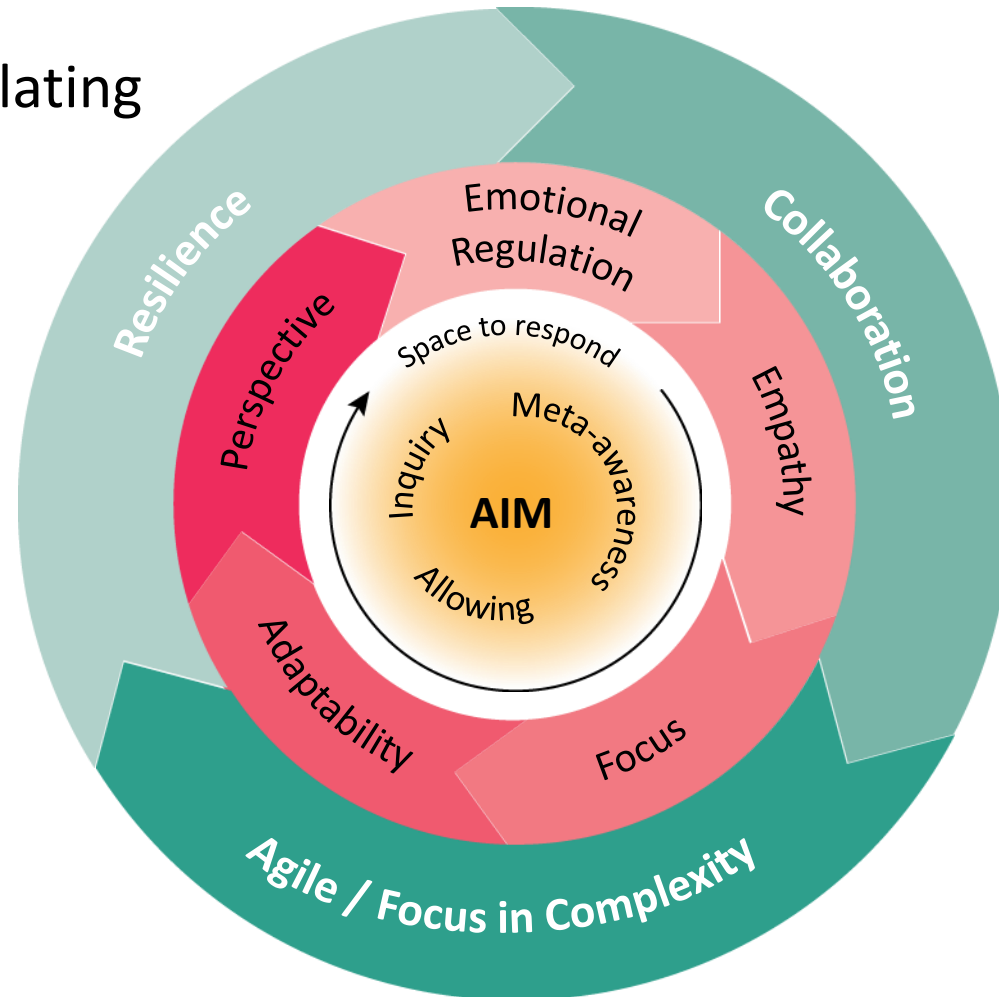


- **A**llowing – accept reality, don't blame / judge
- **I**nquiry – be curious, check out assumptions, want to learn
- **M**eta-awareness – different perspectives, watch you, the team, the context

A Theory of Mindful Leadership

Statistically significant results relating mindfulness practice to:

- Resilience
- Collaboration
- Agility in complexity
- Perspective taking
- Empathy
- Reduced personal distress



Reitz, Chaskalson, Waller, Olivier and Rupprecht 2020 'Developing leaders through mindfulness practice', Journal of Management Development. DOI 10.1108/JMD-09-2018-0264

See also: *Mindfulness Works, But only if you Work at it*, HBR 2016

How to Bring Mindfulness to your Company's Leadership, HBR 2016

Why your team should practice collective mindfulness, HBR 2020