

MINDFULNESS FOR POLITICAL LIFE

Mindfulness refers to the clear comprehension of the mind. It is a quality of present moment awareness imbued with non-reactivity and acceptance.

MINDFULNESS FOR POLITICAL LIFE helps political leaders cultivate a balanced presence that enables them to authentically lead with awareness, openness, creativity, compassion and connectivity to serve society.

THE BENEFITS

Vital to your effectiveness as a political leader is the ongoing commitment to your own well-being. We achieve this by taking time, creating space and exchanging support through mental, physical and emotional pauses from the daily demands of political life. This allows us to perform as our best selves.

Research on mindfulness's positive benefits on well-being and performance is substantive – and mounting! It's no wonder mindful leadership training is on the rise from private companies like Google, in our schools, among world champion athletes and even in the military. Brief moments of pause can have transformative effects on real time stress, innovation, decision making and communication.

THE MPL PILOT

Mindfulness for Political Life (MPL) is an exclusive, confidential six-week engagement designed to work with your daily political life.

The program is based on neuroscience, positive psychology, Mindfulness Based Stress Reduction meditation, authenticity, wellness theory and cross-disciplinary leadership best practices. It includes both in-person learning and self-practice exercises, including:

- Confidential 30-minute individual pre-course interviews to discuss intentions, boundaries and needs.
- One retreat and five, one (1) hour in-person sessions centered on a different thematic aspect of mindfulness.
- Accessible self-practice guided meditations, readings and exercises to put session topics into practice.
- Self assessment pre and post mindfulness course.
- Brief writing to capture experience and learning.
- Daily SMS-based spot-checks to help facilitate mindful presence amid complexity of political life.
- Develop a network of mindful political leaders.

DATES: JULY 10 – AUGUST 14, 2015

MPL is a pilot program that is both practical and research-based. The program is developed and led by Frieda K. Edgette of Novos in collaboration with academic and mindfulness practitioners. Participants will be contributing to a presently under-represented body of literature on political leadership, mindfulness, well-being and performance.



WEEK 1

Be who you are (**self awareness**), how you are (**self management**) and own what you need (**self care**).



WEEK 2

Improve **decision making** through curiosity and non-judgmental inquiry.



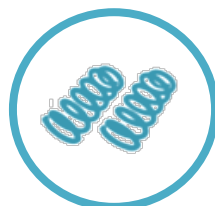
WEEK 3

Cultivate **creativity** through intentional **focus**.



WEEK 4

Facilitate **collaboration** through **skilled communication** with attention, equanimity and respect.



WEEKS 5

Build **resiliency** and an **innovative** disposition to **navigate complexity**.



WEEK 6

Develop a **sustainable practice** and **lead through change**.



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