

# Mindful Leadership Program



**Mount  
Sinai**

*Selikoff Centers for  
Occupational Health*

Successful organizations have leaders at every level, and effective leadership requires clarity, creativity, and balance. Mount Sinai's **Mindful Leadership Program** helps individuals cultivate these skills and develop self-awareness and resilience — essential traits for optimal decision-making. Trained facilitators lead sessions that teach individuals practical skills that can be applied at work and home. Mindful leadership can change the morale and culture of an organization, instilling values for positive engagement and collaboration.

## **Program**

- Group or individual sessions
- 30-60 minute weekly or monthly sessions
- Flexible scheduling at your preferred location

## **Curriculum Topics**

- Physiology of Stress
- Resistance, Reacting, and Responding as a Leader
- Mindful Listening
- Self-compassion and Compassion in the Workplace
- Nutrition and Stress
- Mindful Movement
- Equanimity and Balance

The benefits of mindfulness go far beyond organizational success. It can change lives. Stress has been linked to cardiovascular as well as other chronic diseases. Stress management practices can positively impact an individual's emotional and physical health.

The Mindful Leadership Program is directed by Mickie Brown, RN, HN-BC, a certified mindfulness educator at the Mount Sinai Selikoff Centers for Occupational Health.



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