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Description:

Mindful leadership is leading from a state of presence and then creating a culture of presence amongst your team or organization.

In this presentation, you will learn the five core competencies of mindful leadership. Then how to implement each of these into your lives and leadership styles to make you a more impactful leader. This will help you raise your level of awareness, strengthen relationships, increase productivity, and improve emotional well-being.

This interactive speech will allow you to look at leadership from a different lens. There will be a variety of questions to spark your thinking and you will walk away with actionable ideas that you can immediately put to use.

Bio:

Matt is an Executive & Leadership Coach and the Founder of Culture Through Leadership. He works with executives and managers to help them build cultures that people want to be a part of.

Matt started his career as a Physical Education teacher in Arlington, VA. He then taught overseas for four years in Paraguay and China. Upon returning to the U.S., he coached college basketball at Bard College for 5 years.

Initially, Matt started his coaching business as a Mindfulness Coach. He subsequently transitioned into Executive & Leadership Coaching. He combines the leadership lessons learned from coaching sports with the knowledge gained from practicing mindfulness and meditation to provide an impactful experience for his audience.

Zoom Link:

<https://us06web.zoom.us/j/87602460147?pwd=TTM1VE5lbzhzV1FKNDd2cmRvNEN3dz09>

Meeting ID: 876 0246 0147

Passcode: 300041

Thanks.