90 Minute Leadership

OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our “90 Minute” leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture.

The next session is:

“Mindfulness at Work”

What will be covered in the session? - Mindfulness can be regarded as a very useful technique, with physical, psychological and social benefits. This 90-minute workshop will give an introduction to the concept of Mindfulness as well as a few practices you can adopt at work. The session will introduce simple, discrete exercises that help cultivate mindfulness and provide an anchor at times when you may feel you are in a sea of chaos. These concepts, if you feel appropriate, may be introduced to your teams. We will also briefly explore how mindfulness feeds into Authentic Leadership development.

What you will get out of the day? Increased awareness of:
• what is meant by mindfulness
• a few simple practices to help you begin to cultivate mindfulness.
• how mindfulness can contribute to your development.

Speaker: Laura Kinsler, Yellow Owl
Date: Tuesday 22nd August 2017
Time: 8:00am for 08:30am start - 10.00am finish
Venue: Campanile Hotel, 10 Tunnel Street, Glasgow

Room available from 7.30am
If you would like to attend, please complete the registration form and return to Lisa.donnelly@ggc.scot.nhs.uk by 28th July.

Managers who are driven to develop as leaders while being catalysts for shaping a positive and engaging work environment.

Who will benefit from attending the session?