Leadership Bulletin – Mindfulness

Tuesday 22nd August 2017

Mind Tools

Here, Now – The Mindful Manager
Mindfulness

Harvard Business Review

How to Bring Mindfulness to Your Company's Leadership
Spending 10 Minutes a Day on Mindfulness Subtly Changes the ...
Mindfulness Helps You Become a Better Leader
Mindfulness Works but Only If You Work at It
Mindfulness Can Improve Strategy, Too
How to Practice Mindfulness Throughout Your Work Day
If Mindfulness Makes You Uncomfortable, It's Working
There Are Risks to Mindfulness at Work
Further articles from HBR can be found here.

Institute for Mindful Leadership

7 Common Mindfulness Questions, Answered
Today is the Day to ‘Begin Again’
How (Not) to Sabotage Your Leadership Presence
The Illusion of Control

HSRC Library:

Click here to access books on mindfulness from the HSMC Library. – remember that we offer a free postal loan service to anyone registered with the HSMC Library.

Emerald Insight

Mindfulness: performance, wellness or fad?
Leadership development for managers in turbulent times
Mindfulness as substitute for transformational leadership
Cultivating leadership Dharma: Measuring the impact of regular mindfulness practice on creativity, resilience, tolerance for ambiguity, anxiety and stress
Mind the gap!

BMJ

Mindful of mindfulness
Does mindfulness work? | The BMJ
Sixty seconds on . . . mindfulness | The BMJ
Prepackaged Leadership

Forbes

How To Create Mindful Leadership

Beyond The Brain: Mindfulness For Leaders -

Why Mindfulness And Meditation Matter In Leadership

Future Of Work: Mindfulness As A Leadership Practice

BMJ Leader

The future of clinical leadership: evidence for physician

News and blogs

Calm under pressure? Run your business the mindful way

'We can train our brains to do just about anything'

The Mindful Leadership Challenges of Big Ego

The growth of mindfulness in business

Mind Your Management: How to Be a More Mindful Leader

Huff Post

6 Ways To Use Mindfulness For Real Leadership

The Power of Mindful Leadership

The Power Of Mindful Leadership

How Meditation Transformed This Entrepreneur’s Approach To Work And Life

Calling All Leaders to Lead With Love: Clarity

Mindful of Myself: A Brand New Me?

Kings Fund

Talking leadership: Sarah Massie on developing compassionate leadership through mindfulness

Articles:

Mindful Leadership
Author: Milham, Allan; Parsons, Guy

Leading With Excellence
Author: Maldonado, Michelle

The Emerging Role of Mindfulness Research in the Workplace and its Challenges
Author: Vich, Marek

LEADERSHIP IN ACTION
Author: Anonymous
Publication info: The Safety & Health Practitioner ; Borehamwood 33.6 (Jun 2015): 63-67.

Mindful leadership
Author: Mellor, Nadine

Mindful-leadership's contribution to Corporate Social Responsibility objectives: A qualitative study
Author: Magyari, Ronald F.

Mindful Leadership and Navigating the Seas of Change in the Information Age
Author: Misner, Joshua W

finding zen
Author: Bergstrom, Kathy
Publication info: Benefits Magazine ; Brookfield 50.12 (Dec 2013): 74.

PRACTICING mindful LEADERSHIP
Author: Garms, Erika Tierney

Focusing on the good things
Author: Hall, Liz

Mindful Leadership: Fit to lead? It's in the mind
Author: Birchfield, Reg
Capturing the emergent future: A grounded theory study to explore the processes by which mindful leaders engage others in organizational change
Author: Hawkins, Rosaria

Writing to Reflect: Mindful Leadership in the Face of Change
Author: Powell, Elizabeth A

MINDFUL LEADERSHIP
Author: Sethi, Deepak

Access the articles below from Findit at: http://findit.bham.ac.uk

Mindful Leadership and Employee Well-Being
Mindful leadership: Focusing leaders and organizations
Developing Mindful Leadership among Learners
Exploring how mindful leadership facilitators incorporate mindfulness into their personal life and leadership