



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

The Mindful Leader: Leading from Within



A two day residential retreat for leaders.

Are you looking for the skills to keep you calm, present and clear-headed when making important decisions? Are you interested in exploring how mindfulness can support you in being an authentic and resilient leader, yet struggle to find the time or support?

The Mindful Leader retreat provides participants with the freedom for self-reflection and exploring mindfulness practice with fellow leaders in an idyllic, peaceful and rural setting in county Kildare, Ireland. This is an opportunity for those who want a relaxing break, to get in tune with themselves, and hone their professional skills.

Numerous scientific studies over the past twenty years have shown the benefits of mindfulness in both the clinical and health context, with more recent studies showing how regular meditation practice can change the structure of the brain. Following the increasing popularity of mindfulness in the business world over recent years, research on the staggering benefits for those in leadership roles is beginning to emerge.

In a recent study with senior leaders, Reitz and Chaskalson (2016) found that mindfulness training improves three crucial leadership capacities: resilience, the capacity for collaboration, and the ability to lead in complex conditions. Interestingly, these effects were found to be much stronger for leaders who engaged in mindfulness meditation for at least ten minutes each day.

Executive Education
Trinity Business School

“ The pursuit of mindful leadership will help you achieve clarity about what is important to you and a deeper understanding of the world around you. Mindfulness will help you clear away the trivia and needless worries about unimportant things, nurture passion for your work and compassion for others, and develop the ability to empower the people in your organization”

Bill George,
Professor of Management Practice,
Harvard Business School

Taught Modules

Theory and professional insights from research on mindfulness and leadership



Deepening self-reflection



Developing your everyday mindfulness practice



Resilient leadership in a changing world



Mindfully leading others



“ Mindfulness will make your life work better and your work life better. It's a win-win!”

Mirabai Bush, Google

Applications welcome from those with experience in a professional role who wish to:

- Develop deeper self-insight and reflect upon their habitual patterns in their work and personal lives
- Take some time out to invest in themselves and experiment with new ways of self-care
- Discover more about what mindfulness is (and is not) and how it can enhance their lives and support them in leading themselves and others authentically
- Establish a network of like-minded leaders who support each other in maintaining their practice for the future



What does the course cover:

- The latest theory and insights from research on mindfulness and leadership
- An introduction to a broad variety of mindfulness practices including; the body scan, mindful movement, mindful eating, mindful walking, sitting meditation and breathing spaces
- Bringing mindful awareness to everyday activities at work including; communicating with others, decision-making and dealing with stress
- Reflective practice including journaling and periods of silence
- Developing actionable plans for integrating mindfulness into your daily work and personal life



Venue:

The Cliff at Lyons occupies an unusual collection of historic rose-clad buildings, including a mill and former dovecote. Residing in rural Kildare it is only a 30-minute drive from Dublin city and airport. The venue provides an array of contemporary luxuries in an idyllic rural setting with a warm, friendly ethos. With a focus from their chefs on field-to-table and sea-to-table food, retreat participants will be provided with meals using healthy, organic ingredients.

Participants will be provided with a Trinity Business School pack on arrival which includes a journal, readings and audio home practices led by Sarah-Jane and Maggie.

Faculty:

This retreat is led by Dr. Sarah-Jane Cullinane and Dr. Machteld (Maggie) van den Heuvel



Dr. Sarah-Jane Cullinane

Dr. Sarah-Jane Cullinane is an Assistant Professor of Organisational Behaviour in Trinity Business School. She holds a PhD in Organisational Behaviour and is both an Academic Fellow of the Chartered Institute for Personnel and Development (CIPD) and a fully qualified Mindfulness teacher with the Mindfulness Centre Ireland.

Sarah-Jane has over 10 years' experience teaching and researching in the areas of HR, organisational behaviour, and workplace well-being. Her research on well-being has been presented at international conferences and published in leading international journals and national media outlets. Having practiced mindfulness for many years and seen its value in her own life, Sarah-Jane is passionate to share it with both the students and organisations with whom she works. In doing so she has developed modules and programmes for students and organisations in the areas of wellbeing at work, mindfulness and mindful leadership.



Dr. Maggie (Machteld) van den Heuvel

Dr. Maggie (Machteld) van den Heuvel is an Assistant Professor in Work & Organizational Psychology at the University of Amsterdam. Her research focuses on how to build a happy, healthy and resilient workforce, able to proactively cope with change and adversity. Key themes are mindfulness, job crafting, burnout and engagement. Her research has been published in various international peer-reviewed journals and presented at international conferences.

Besides her academic work, Maggie has over 15 years of international experience working with clients in the public and private sector as a consultant, trainer and coach. Maggie is also a trained practitioner in the areas of mindfulness, ACT, narrative coaching, gestalt and psychosynthesis. Her approach to leadership development emphasizes mindfulness as a key meta-skill that enhances all other leadership skills. For Maggie, mindfulness is a never-ending journey of self-exploration and she thoroughly enjoys guiding others on this path.

Apply:

Applications are currently open for the 2020 retreat, which will run over 3 days on October 21st, 22nd and 23rd in the Cliff at Lyons.

How to Apply:
Email: trinity.exed@tcd.ie

www.tcd.ie/business/executive-education/



Fees:

Retreat fee is €1,600 which includes one night single occupancy accommodation in the Cliff at Lyons with meals provided. The fee also includes an optional follow-up day in Trinity Business School where lunch will be provided.



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