



Jess Stuart - Wellness Coach, Speaker & Author
www.inspireyourlife.org

Mindful Leadership

The modern world is evolving at an amazing rate, the technological age has changed the face of how we live and work, never has resilience been so important. The world moves faster now than it's ever done, we are working more hours, our lives are busier, expectations are higher and the pace of life has quickened to a point where we're struggling to keep up.

In a world where burnout is becoming more prevalent we are looking for a cost effective solution to ensure our performance is sustainable. Many big corporate have been proactive in this space and are already using mindful programmes including; Google, Apple, Ford, Proctor & Gamble and General Mills.

This evolution has brought about a required change in the way we lead. Research is suggesting that emotional intelligence (EI or EQ) is now more critical than intellect and IQ. Learn the new skills fundamental not just to your own progression as a leader but to ensure your employees flourish and are able to achieve their potential.

Benefits for the business;

- clarity of mind leading to better performance, decision making and creativity
- increased self awareness
- helps improve resilience and reduce stress
- energises for sustainable performance
- well developed leaders with the ability to motivate staff
- promotes a feeling of calm and better management of emotions

Offering Executive Retreats, Individual coaching, in-house training sessions and bespoke programmes. Incorporating, latest research and developments in neuroscience, emotional intelligence and mindfulness.

Combining a prior background as a successful Senior HR Business Partner for global blue chip organisation with extensive training and experience in Eastern mindfulness techniques. I am a qualified life coach, yoga instructor, have trained in Buddhist meditation and mindfulness. Having lived, worked and volunteered in many countries and cultures with some inspirational people I draw my life experience into my work to help teach others the principles of health and happiness.

Modules include;

- Motivation
- Self awareness
- Trust & values
- Success & failure
- Emotional Intelligence, communication and relationships
- Resilience & change
- Self management
- Mindfulness