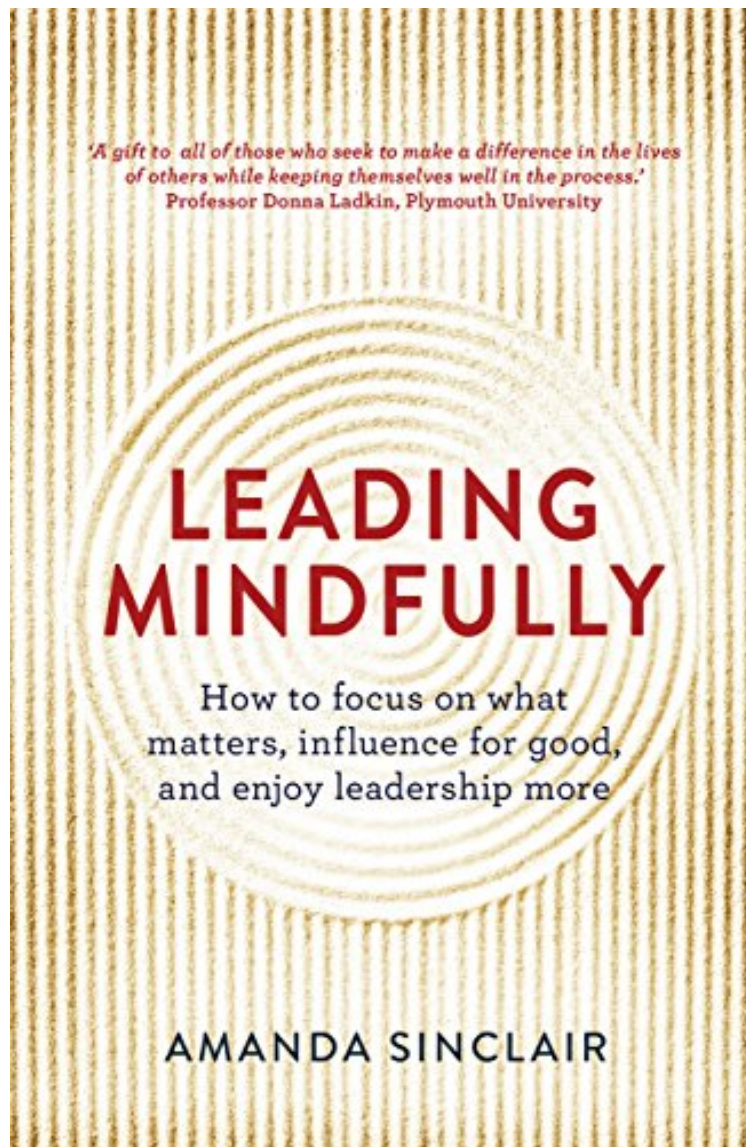


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Leading Mindfully: How to focus on what matters, influence for good, and enjoy leadership more

Amanda Sinclair

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Amanda Sinclair : Leading Mindfully: How to focus on what matters, influence for good, and enjoy leadership more before purchasing it in order to gage whether or not it would be worth my time, and all praised Leading Mindfully: How to focus on what matters, influence for good, and enjoy leadership more:

Simple practices of mindfulness can enhance our effectiveness and enjoyment in leadership work. Leadership teacher and researcher Amanda Sinclair shows how mindfulness is helpful for all of us involved in the day-to-day of leadership, in those interactions in organisations, communities, schools and families where we are seeking to influence others towards positive outcomes. Incorporating user-friendly summaries of the latest neuro-scientific and leadership research, Amanda invites us to experiment with twenty mindful practices. None of these activities take extra time or require us to withdraw to a mountain cave. They do help us find time for the people and purposes that matter most to us. In a world where we regularly feel captured by a never ending 'To Do' list, expanding demands and depleted energies, *Leading Mindfully* provides a practical, simple and powerful path to leadership that is not only sustainable but full of delights and pleasures. 'A gift to all of those who seek to make a difference in the lives of others while keeping themselves well in the process' - Donna Ladkin, author of *Authentic Leadership*. Sinclair takes us on a journey of leadership based on mindful principles which hold out great hope that leaders can live more purposeful, healthful and joyful lives along with those they lead.' - Alan Guskin, Antioch University. 'For all people whose work involves influencing what people think or do - teachers, community leaders, health professionals, as well as "bosses".' - Diane Grady AM, Independent Director, Macquarie Group

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