

Datum: am 28.11.2018 um 19:00-20:00

Titel: Mindfulness, Emotional Intelligence and Leadership in Business

Nowadays we face daily an increasing amount of challenges in our work and in daily life, we deal with multiple sources of information, we must respond instantly to emails and requests, and are forced to multi-task, which drastically drains our concentration, our overall performance and well-being.

Mindfulness meditation is a practice which incredibly enhances our ability to deal with these challenges, it is also proven by multiple academic researches as an enabler for emotional intelligence and leadership skills. This Presentation is meant to introduce to the basic principles behind Mindfulness Meditation as a tool to enhance our awareness and social skills, as conceived in the Search Inside Yourself Leadership Institut".

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