



HERNANDO PLANELLS

MINDFUL LEADERSHIP

MADE EASY

BE CONTAGIOUS LEADERSHIP

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MINDFUL LEADERSHIP MADE EASY

Great leaders come in many different varieties, but mindfulness is one quality they have in common. Focus, clarity, creativity and compassion can make you and your team happier and more successful.

That's why **many organizations are teaching their players and staff to be more mindful.**

Teams such as the Seattle Seahawks to Alabama football, use mindfulness leadership.

Mindfulness is the "practice of noticing the present - its a way of being connected to the present moment without judgement." Mindful leaders do not allow negative thoughts to affect emotions thus allowing you to see what is actually there and making better decisions.

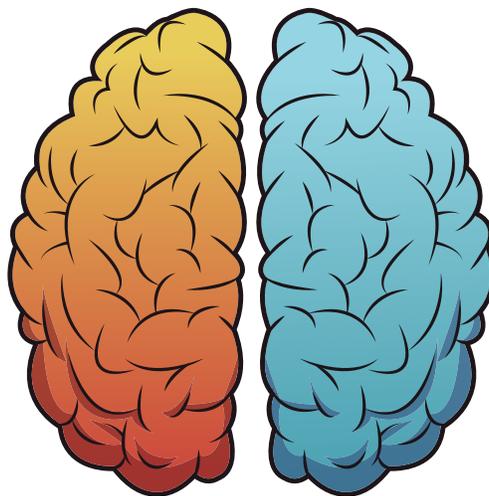
Discover the benefits of greater consciousness for yourself. Try these suggestions for developing your own mindful style of leadership.

DEVELOPING MINDFULNESS

You'll need to focus on your inner self before you can change your external behavior.

Training in mindfulness with these activities will help you to lead by example:

1. Meditate daily. Put aside time each day to sit quietly. Focus on the here and now. Observe your thoughts without making judgements. Start out with brief sessions and extend your time as your concentration grows.
2. Breathe deeply. Pay attention to your breath. With each inhalation, draw energy into your body. With each exhalation, release stress.



3. Scan your body. Search your body from head to toe to find any areas of tension. Unclench your jaw and smooth your brow. Lift your chest and lower your shoulders.

4. Slow down. Create opportunities to encourage mindfulness throughout the day. Catch yourself when you're starting to rush around. Pause and make your movements more deliberate. Think about the purpose behind each activity.

5. Adjust your routines. Make ordinary tasks part of your practice. Chant while you shooting or heading to class. Turn your attention inwards when you're stuck in traffic or waiting for coffee to brew.

6. Seek instruction. Look for other players or coaches who meditate. Reach out to them and see how they get into the flow state through meditation.

LEADING WITH MINDFULNESS

If you like what mindfulness does for you, share your practice with others. Lead with inspiration and integrity. As you strengthen your communication and decision-making skills, you'll be able to reach your potential and help others to do the same.

ADOPT THESE MINDFUL LEADERSHIP HABITS:

i. **Listen closely.** Give your teammates and staff your full attention during meetings and casual interactions. Make eye contact and ask relevant questions. Show that you are interested in what they have to say.

2. **Take breaks.** Downtime prevents burnout and increases productivity. Design a quiet space where you can go to relax and refresh.

3. **Care for yourself.** Mindful leadership balances self-care and serving others. Exercise regularly, eat a balanced diet, and make sleep a priority. Healthy lifestyle habits will keep you strong and resilient.

4. Encourage cooperation. An team culture steeped in mindfulness facilitates collaboration and connection. Create a shared vision and work together towards your championship mission

5. Reward innovation. Have the courage to think creatively. Keep your players and staff informed and engaged so they'll feel more comfortable discussing new ideas and experimenting with change.

6. Continue learning.

Whatever stage you're at in your career, hold on to a mind full of curiosity. Spend time doing research and taking courses. Be open to different perspectives and constructive feedback.

7. Provide reminders. Your daily schedule, your needs and frequent interruptions can make it easy to lose track of mindfulness. Create triggers that will help bring you and your team back into the present moment. You might hang posters in the locker room and program a reminder on your phone.

Help yourself and others to feel more connected and fulfilled. Mindful leadership is a skill you will develop through meditation and hands-on experience.

FOR MORE INFORMATION

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