

OPTIONAL FURTHER READING

From Richard Searle, www.searleburke.com

1. I originally trained as a Meditation Teacher at the Gawler Foundation. Ian Gawler and Paul Bedson have an extensive coverage of their meditation process in *Meditation: An In-Depth Guide* and Ian's latest book is titled *Blue Sky Mind*.
2. I am recommending anything written by Thich Nhat Hanh on Mindfulness, such as *The Miracle of Mindfulness*, *Peace is Every Step*, *True Love, Anger*, and two that I am quoting from in the Podcasts, *Peace of Mind* and *Silence*.
3. Amanda Sinclair and I taught a Mindful Leadership Program for ten years at Melbourne Business School and Mt Eliza Executive Education. Amanda has a great book titled *Leading Mindfully*, and there is a Podcast interview with her at the website. My own book titled *Leadership On Top* contains a number of essays on mindful leadership, and these are available for download as articles from the website, such as "Mindfulness and Letting Go", "Could It Be as Simple As Listening?", "Being a Leader", "Leadership and Fulfillment" and "How Leaders Can Develop Greater Presence".
4. Jon Kabat Zinn has pioneered Mindfulness and Stress Reduction Courses, and Stress and Pain Management Centres in hospitals. Two of his titles are *Full Catastrophe Living* and *Coming To Our Senses*.
5. For more on Leadership Theory and Practice generally, my book *Leadership On Top* is based on the open enrolment Senior Leadership Program which I taught with Rob Burke and others for twelve years at MBS Mt Eliza Executive Education. Many of the essays from the book can be downloaded freely from the website. There also is a Podcast interview there with Rob Burke and Sohail Inayatullah. You can do a crash course in some key leadership ideas by reviewing my short Tricky Puzzle series from 2019 at the Blog – this includes topics such as Control, Responsibility, Goals, Ego, Strategic Decisions and Trust. In recent years I have worked more inside organisations, and you can explore some Applied Leadership in my recent "How To" series of articles from the Article section. These include advice on topics such as Building Trust, Influencing Others, Making Tricky Decisions, Innovating, Managing Change and Developing Leadership Presence.

