# MINDFULNESS, MEDITATION AND REFLECTION COURSE FOR LEADERS AND MANAGERS

1. The ten week Podcast Course will commence on Wednesday April 1, and is an antidote to all April Fools. Each week’s Podcast will be made available on the Wednesday of that week. Duration will be 30 minutes, and there will be suggestions for a short daily exercise you can do during the week after that podcast.
2. There has been a good response to the proposal, and folks have expressed a preference that it be an audio podcast and I keep it simple. I think both of these are great ideas. The Audio will allow you to engage in a few short breathing, reflection and meditation exercises which I will talk you through on each podcast. It will be available each week at [www.searleburke.com/podcast/](http://www.searleburke.com/podcast/). I will also try to make it available as a download for your smart phone.
3. The Objective is to help all of us to stay more relaxed and calm, more focused and effective, and to keep learning and developing as professionals and leaders, during these extraordinary times and in our challenging management roles. Difficult periods can sometimes be the most fruitful for new learning and growth.
4. I will be designing the course as I go, but I will have more detail about the Outline for you in the first Podcast. Some of the content will follow an eight week course which I have run previously for alumni at both Mt Eliza Executive Education and at Melbourne Business School, and which is based on a year long training course which I previously undertook with Ian Gawler and his colleagues. Some of the content will be inspired by the extensive writings of the outstanding Vietnamese teacher Thich Nhat Hanh. Other parts will be new, contemporary, and applied specifically to practicing leaders and managers.
5. You will be able to email any questions or clarifications to me each week and I will reply to you. I will also canvas general issues raised with me in the next week’s Podcast.
6. I am looking forward to it – I know it will do me good! Regards Richard Searle