



Expand your skills, invest in your team!

Mindful Leadership and Communication

Date & Time: November 13, 2020 at 10:30am to 12:00pm **Cost:** \$65

Location: Virtual/Zoom

Description: Effective and inspired leadership requires us to understand ourselves and others more deeply. The more leaders invest in mindfulness and self-awareness, the more capacity they have to connect with others and create positive social impact with compassion, creativity and effectiveness. One of the skills which serves us best is mindful and effective communication with your team, colleagues and community. This workshop incorporates a range of evidence-based tools for conscious communications with opportunities to practice each skill, including:

- Using mindfulness for cultivating presence in relationship
- Connecting more deeply with others to foster trust
- Deep listening and how to support self-sufficiency in problem-solving with individuals and groups
- Developing compassion and diffusing conflict through conscious conflict resolution

To register go to sou.edu/professional

About the Presenter: Gretchen Ki Steidle is the founder and President of Global Grassroots, which operates a mindfulness-based social venture incubator and women's leadership program in post-conflict East Africa. She is also the founder of Circles for Conscious Change, LLC, a transformative education-based organization working with social entrepreneurs, non-profits, and corporations on the use of mindfulness as a design tool for social innovation. She is author of the book *Leading from Within: Conscious Social Change and Mindfulness for Social Innovation* (2017 MIT Press). Gretchen is also a producer of the documentary film, *The Devil Came on Horseback*, and co-author of the memoir, *The Devil Came on Horseback: Bearing Witness to the Genocide in Darfur*, (2007 PublicAffairs). She holds an MBA from the Tuck School of Business at Dartmouth College and a BA in Foreign Affairs from the University of Virginia. She is a certified Integrative Breathwork Practitioner and Coherent Breathwork (Breath-Body-Mind™) Practitioner. In 2007, Gretchen was honored by World Business Magazine and Shell as one of the top International 35 Women Under 35. In 2018 she was named to Inc.'s Top 100 Leadership Speakers. She regularly lectures and offers workshops on mindfulness for social change at conferences, wellness institutions, universities and organizations globally, including the Skoll World Forum, Omega Institute, Tuck School of Business at Dartmouth College and AshokaU Exchange, among others.

