

A Mindful and Resilient Leader© is someone who brings out the best in oneself and others by being present, resilient/grounded, compassionate, and able to effectively manage difficult situations.

Brings Out Best in Oneself and Others

- **Inspires and motivates NOT about authority, power or control**
- In service, connected to higher purpose and vision
- Uses influence for greater good and impact with focus on people and profits
- Has positive mindset, despite challenges
- Vocal about team's accomplishments

Present

- **Mindfulness: moment to moment awareness of self, others, and the environment**
- Focused on the matter at hand

Resilient and Grounded

- Resiliency is the ability to bounce back and recover from adversity
- Shows up confident, decisive, and responsive, NOT reactive
- Able to be in space of not knowing
- **Has set of practices to maintain an emotionally regulated and balanced state of mind**

Compassionate: Self and Others

- Pays attention to what self and others are thinking and feeling
- Committed to well-being and takes steps to preserve
- **Shows up humble and fosters curiosity, kindness, and a nonjudgmental awareness, especially around differences**
- Recognizes interconnection
- Relational

Effectively Manages Challenging Situations

- **Not surprised by difficult situations and does not avoid them** – *"bad news never ages well"*
- Skilled at managing uncertainty, change, and/or conflict
- Embraces courageous conversations – speaks up
- Has strategies to manage self and others' potential to become triggered (fight, flight, or freeze mode)