



UNTRIM
INTERNATIONAL

**THERE'S A WORLD
TO EXPLORE**

GRAND TOUR

Mindful Leadership

The minor is about

- Evaluating the applied benefits of mindfulness-based practices (including the practice of yoga and meditation) and its potential value in industry or organisations.
- Analysing the relationship between emotional intelligence (E.I) quadrant and mindful leadership skill-sets.
- Designing and delivering a personalised action plan that develops mindful leadership skillsets, with emphasis on how they will contribute value at an organisational level.

Student Testimonial

"Overall the experiences and knowledge I gained from this minor prepares me for the future industry and helps me to strengthen myself to pursue my future career goals." - Marisa

"The module mindful leadership is guaranteed to be a game changer for you as a person, nothing floaty, all based on scientific research. By participating in this minor, the inspirational teachers and guest lecturers will definitely give you tools to brighten your personal and professional career."- Youri

Examination

- Reflection Essay
- Industry Report
- Student Led Seminar
- Action Plan

#AWORLDTOEXPLORE

Mindful Leadership: Transform yourself, Transform your life

Mindful leadership is a mindfulness-based leadership course that can help transform your life and career; but it all starts with transforming your self first.

This minor focuses on teaching personal development techniques through the means of emotional intelligence, mindfulness meditation, and leadership. Students should note, the emphasis in this minor is on the mindfulness aspect and how it pertains to leadership and not the other way round. Because of this, a dominant portion of the course focuses on your own self-development and self-leadership. This takes both courage and authenticity. Through the learning of various skillsets such as focused awareness, emotional regulation, and empathy, you will understand how to enhance your self-awareness and self-management skills, and overall become a more empathetic leader in the workplace. The theoretical framework this minor is based upon is **Daniel Goleman's Emotional Intelligence Quadrant: self-awareness, self-management, social awareness, relationship management** (Goleman, 1995). Such skillsets are proven to be necessary in the dramatically shifting work environment of the 21st century, where burnout rates are increasing exponentially and employee well-being is compromised.

The key to being a superior, emotionally intelligent leader starts first with building a strong personal foundation in your own self-awareness. If your goal is to become a leader in industry who possesses these characteristics as well as cognitive flexibility, clear communication, authenticity, and enhanced empathy, then this course is for you. This minor will provide you with the **building blocks to most optimally develop yourself so you can best lead others**. Bali is the perfect place to explore mindfulness and to learn about the deeply embedded mindful practices within Balinese culture. Mindfulness has its roots in Eastern philosophy; with Bali's strong Hindu and Buddhist influence, mindfulness is enmeshed in the very socio-cultural foundations that Bali is built upon. This makes it an accessible and fascinating place to learn Mindful leadership in, and offers an ideal playing ground for open-minded students in this field of studies.

Will you be the next Mindful Leader?

