



## Mindful Leadership Program

***"Mindful Leadership Program" (MLP)** is a special training program with the purpose of developing mindful leadership capacity for leaders and creating **"Happiness-At-Work Culture"** for their teams and organizations, developed by PACE based on the latest research from Harvard Business Review and five of the world's most prominent current books on Mindful Leadership that PACE-MLV has taken the copyright, translated and published exclusively in Vietnam.*



*Leading mindfully with MLP to create Happiness-At-Work for yourself, your team and organization.*



Mindful Leadership Program

## Training Program

# MINDFUL LEADERSHIP PROGRAM (MLP)

Based on the research of **Harvard Business Review** over **two years** on over **35,000 leaders** from **thousands of companies** in more than **100 countries** as well as the latest research on neuroscience and behavioral psychology, and especially based on **five of the world's most prominent current books** on Mindful Leadership that PACE-MLV has taken the copyright, translated and published exclusively in Vietnam: (1) *The Mindful Leader* written by Michael Bunting; (2) *Seven Practices of a Mindful Leader* by Marc Lesser; (3) *The Mind of Leader* by Rasmus Hougaard and Jacqueline Carter; (4) *Full Catastrophe Living* by Jon Kabat-Zinn; and (5) *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* by Richard Davidson and Daniel Goleman, the **Mindful Leadership Program (MLP)** was born to help leaders know how to develop their mindful leadership capacity through 4 aspects:

**1** Mindful Living

**3** Mindful Leading

**2** Mindful Working

**4** Mindful Culture

## PROGRAM OBJECTIVES

After completing the program successfully, participants will be able to:

- ☑ Understand the importance of Mindful Leadership in today's world;
- ☑ Understand the portrait of a Mindful Leader;
- ☑ Know how to develop their mindful leadership capacity through 4 aspects:
  1. Mindful Living;
  2. Mindful Working;
  3. Mindful Leading;
  4. Mindful Culture.

## DELIVERY OPTIONS PROGRAM

Training programs at PACE-MLV can be delivered in either of the following options:

### Public Workshop:

- ☑ Workshops are offered on a fixed schedule and a suitable location by PACE-MLV or LiveLearning.
- ☑ A special learning experience for individuals or groups from different companies.

### In-house Workshop:

- ☑ Standard Program: Exclusive training for your organization with standard content.
- ☑ Customized Program: Exclusive training for your organization with tailored content to fit your needs.

# PROGRAM OUTLINE

PART I.	OVERVIEW OF MINDFUL LEADERSHIP
<ul style="list-style-type: none"><li>• The challenges in today's world;</li><li>• The role of mindfulness in success &amp; happiness;</li></ul>	<ul style="list-style-type: none"><li>• Overview of Mindful Meditation and Mindful Living;</li><li>• The portrait and role of a Mindful Leader.</li></ul>
PART II.	MINDFUL LIVING
<ul style="list-style-type: none"><li>• Practicing mindfulness:<ul style="list-style-type: none"><li>- Understand mindfulness;</li><li>- The science of mindfulness;</li><li>- Mindfulness tools to apply in daily life.</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Establishing Mindful Values for yourself:<ul style="list-style-type: none"><li>- What are Mindful Values?;</li><li>- The importance of Mindful Values;</li><li>- How to establish Mindful Values for yourself.</li></ul></li></ul>
PART III.	MINDFUL WORKING
<ul style="list-style-type: none"><li>• Choosing a Mindful Way to Work:<ul style="list-style-type: none"><li>- Mindful working attitude;</li><li>- Mindful working mindset;</li><li>- Happiness at work.</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Mindful Collaboration:<ul style="list-style-type: none"><li>- The importance of collaboration;</li><li>- The levels of collaboration;</li><li>- Happiness &amp; success with others.</li></ul></li></ul>
PART IV.	MINDFUL LEADING
<ul style="list-style-type: none"><li>• Establishing Mindful Vision for your team and organization:<ul style="list-style-type: none"><li>- What is Mindful Vision?;</li><li>- The importance of Mindful Vision;</li><li>- How to establish Mindful Vision for your team and organization.</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Mindful Influence:<ul style="list-style-type: none"><li>- Modeling instead of forcing;</li><li>- Connecting with compassion;</li><li>- Helping employees grow.</li></ul></li></ul>
PART V.	MINDFUL CULTURE
<ul style="list-style-type: none"><li>• Culture and its role in organizations and teams;</li><li>• What is Mindful Culture?;</li></ul>	<ul style="list-style-type: none"><li>• How to build Mindful Culture for your team and organization.</li></ul>
PART VI.	PROGRAM SUMMARY



**Mindful Leadership Vietnam** - a member of PACE Institute of Management (PACE-MLV), focuses on providing people, teams, and organizations in Vietnam with programs and activities related to mindfulness in order to help develop their leadership, performance, and quality of life.



## Mindfulness Journey at PACE-MLV



"Mindfulness Journey" Model Created by PACE-MLV

### MINDFUL LEADERSHIP VIETNAM (PACE-MLV)

#### PACE Building

195-197 Nguyen Thai Binh Street  
Ben Thanh Ward, Ho Chi Minh City  
(former District 1, Ho Chi Minh City)

#### PACE Building

341 Nguyen Trai Street  
Cau Ong Lanh Ward, Ho Chi Minh City  
(former District 1, Ho Chi Minh City)

#### Hanoi Office

Coalimex Building (Floor 2)  
33 Trang Thi Street, Hoan Kiem Ward  
(former Hoan Kiem District, Hanoi)