



Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others

Maria Gonzalez

E-Book	978-1-118-12819-0	March 2012	CAD \$20.99
Hardcover	978-1-118-12711-7	March 2012	CAD \$32.00

DESCRIPTION

Mindful Leadership

Meditation and Business Do Mix...Scented Candles Not Required

Effective leaders are self aware and empower those they influence to achieve their potential. *Mindful Leadership* is a guide to leadership that starts with the self#for business people, members of the public service, professionals, and anyone else in a position to influence others.

Maria Gonzalez shows you how to use a single tool#Mindfulness meditation#to achieve clarity, focus, and self-awareness, enabling you to transform yourself and achieve positive results by inspiring those you lead. In this book, you will learn how to use mindfulness to:

- Achieve greater concentration and productivity
- Reduce the stresses in your life and manage those that remain
- Become resilient and sustain high performance over the long term
- Anticipate and serve stakeholder needs, communicate better, and increase team effectiveness
- Stay focused on what matters and remain levelheaded about what you can't control

- Create calm and focus, see clearly under stressful conditions, and make better decisions

Mindfulness is a process of training the mind that anyone can follow, and *Mindful Leadership* provides simple techniques you can use anytime, anywhere, to improve yourself as a leader. Beginning with the simple act of being fully present, mindfulness opens up the 9 ways to become more effective in every aspect of life.

ABOUT THE AUTHOR

Maria Gonzalez, BCom, MBA, is a 30-year business veteran as a corporate executive and entrepreneur who believes that mindfulness transforms lives and organizations, and that it has the potential to transform society. She has been meditating regularly since 1991 and teaching mindfulness since 2002. She applies mindfulness to all aspects of her life, both personally and professionally. As founder and president of Argonauta Strategic Alliances Consulting Inc., she ensures that mindfulness is indistinguishable from her business, whether negotiating complex strategic alliances, doing strategy consulting, or coaching business leaders, professionals, entire teams, or organizations in mindful leadership.

Mindful Leadership is Maria's second book. She is the coauthor of the award-winning *The Mindful Investor* (Wiley, 2010). You can visit her online at www.argonautaconsulting.com; read her blog at www.argonautaconsulting.com/blog; and access her Mindful Leadership App for smartphones and tablets.

To purchase this product, please visit <https://www.wiley.com/en-ca/9781118127117>