Mindfulness for Effective Leadership
Expanding Your Capacity to Respond to Stress

LEARNING OUTCOMES:
This workshop will provide you with the tools to:
1) Increase your self-awareness regarding stressor and habitual responses.
2) Gain experience with mindfulness and stress reduction strategies.
3) Increase your ability to center and return to center.
4) Enhance your capacity to respond mindfully vs. react automatically.
5) Develop an individualized action plan to become a more mindful, effective leader.

To function effectively in today’s rapidly changing world, leaders must be able to address the challenges created by new technology, information overload, a greater diversity of employees, and expectations for quick responses. When these multiple demands on attention, energy, and time exceed our capacities to respond, stress results.

This one-day workshop will introduce the neuroscience underlying stress and provide guided experience with several body-based practices designed to enhance awareness, suspend judgment, reduce stress, and increase resilience and balance. Participants will create their own individualized action plans to develop mindfulness, a core leadership competency, and expand their capacity to respond effectively to stress.

DATE
Wednesday,
March 29th, 2017
TIME
8am to 4pm
VENUE
Hemmingson 314
Gonzaga University
COST
$135 per person
INCLUDES
2 CE credits
Lunch & refreshments
CLICK HERE TO REGISTER!

Christina (“Tina”) Geithner earned her Ph.D. in Kinesiology with a specialty in Physical Development and Aging. She is a Certified Presence-Based Coach®, ICF-Associate Certified Coach, an ACSM Certified Exercise Physiologist (ACSM EP-C), and a Registered Yoga Teacher (RYT-200). In addition to more than 30 years of full-time teaching in higher education, Tina’s résumé includes instructing in a wilderness-based experiential learning program for individuals 14-55+ years of age, and designing and facilitating team-building and leadership development workshops for employees and corporate teams. She is a student of Presence-Based Coaching®, Transformational Presence Leadership Coaching, Power of Awareness Mindfulness Training, and Body=Brain/The Science of Somatics. Tina’s current work and learning are focused on the intersections of mindfulness, embodied self-awareness, and leadership; and she is committed to creating partnerships for mindful and compassionate transformation.

TO LEARN MORE, PLEASE CONTACT:
Rachelle Strawther | strawther@gonzaga.edu | 509.313.3579