

# Mindful Reflection Practice for Executives

Executives live with complexity and rely on their thinking skills, decisions, and actions to drive organizational and business goals. In their fast-paced world, executives need the space to step back and reflect on their work. Mindful reflection is paying attention with awareness and presence in the moment on the past, the current situation, and future possibilities with openness and curiosity.

Mindful Reflection Practice allows for integration of all aspects of an executive's role, career, and life. It's a co-created learning journey, with an honest sounding board, to align the executive's purpose and intention with meaningful actions.

## What is the value of Mindful Reflection?



**Provides** collaborative space for honest reflection on the executive's day-to-day and strategic work

**Increases** self-awareness and ability to notice blind-spots, self limiting mindsets, and biases

**Fosters** mindful, courageous inquiry and learning/unlearning about who you are and how you lead

**Expands** the capacity to see the big picture and system dynamics with the organization and business

**Deepens** insight into stakeholder relationships to more closely connect emotionally and intellectually

**Increases** executives' trust in themselves and their capacity to be both courageous and vulnerable

**Enhances** ability to lead through uncertainty in everchanging business environments

We offer individual and group mindful reflection practice for executives through our certified team of executive coaches/coach supervisors. Our customized approach ensures executives are supported and challenged in ways that advance organizational and business outcomes.

## Tri-Lens Reflection Model©

The **Tri-Lens Reflection Model©** shifts the focus of the reflective dialogue with the leader between three lenses to bring attention and presence:

### Within

Self as Executive

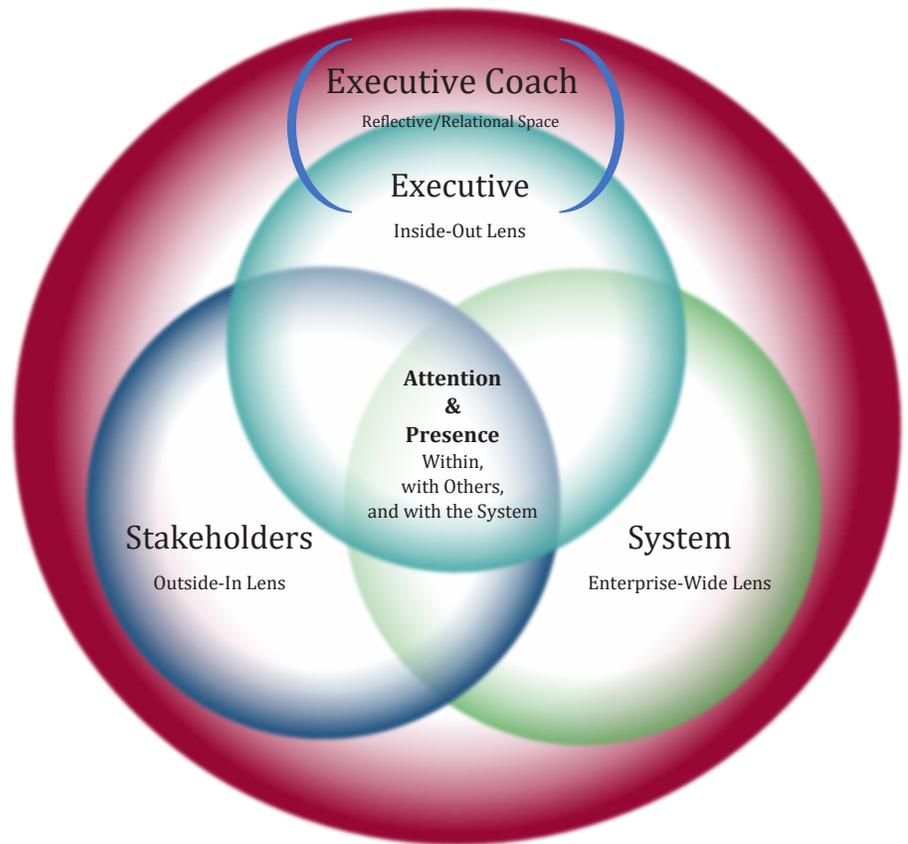
Who you are - past, present, future

### With Others

Executive in relationships with all stakeholders

### With the System

Executive in relationships with culture, enterprise, business world



**Our team** of executive coaches/coach supervisors are certified through internationally accredited training programs tailored for highly experienced executive coaches/coach supervisors. These practitioners have experience working in complex corporate environments and are attuned to the relational and systemic challenges executives face in their work leading teams and organizations.

**We are committed** to the ongoing support and development of our coach partners and to ongoing quality control for our corporate clients who entrust us with the development of their executives. To that end, our firm provides coaching supervision for all Mindful Leadership coaches and supervisors.