

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, leaders 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 a leader'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 leader'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.

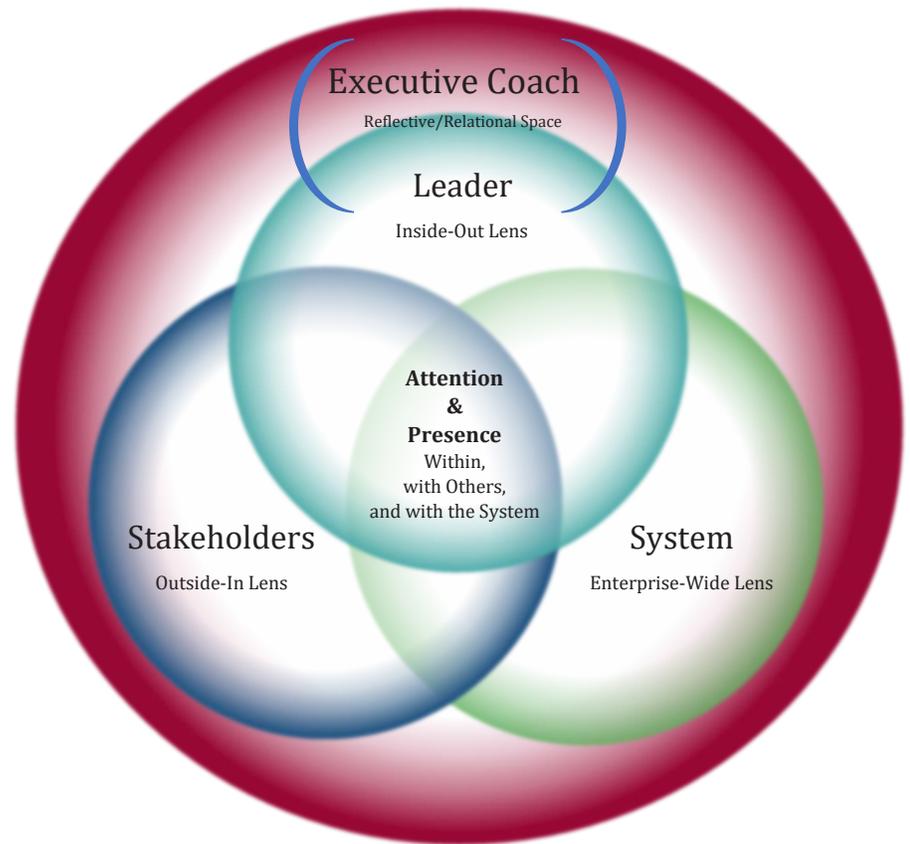
Tri-Lens Reflection Model©

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 Leader
Who you are - past, present, future

With Others
Leaders in relationships with all stakeholders

With the System
Relationships with Culture/
Enterprise | Global Markets/
Ecosystem



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

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 leaders. To that end, our firm provides coaching supervision for all Mindful Leadership coaches.