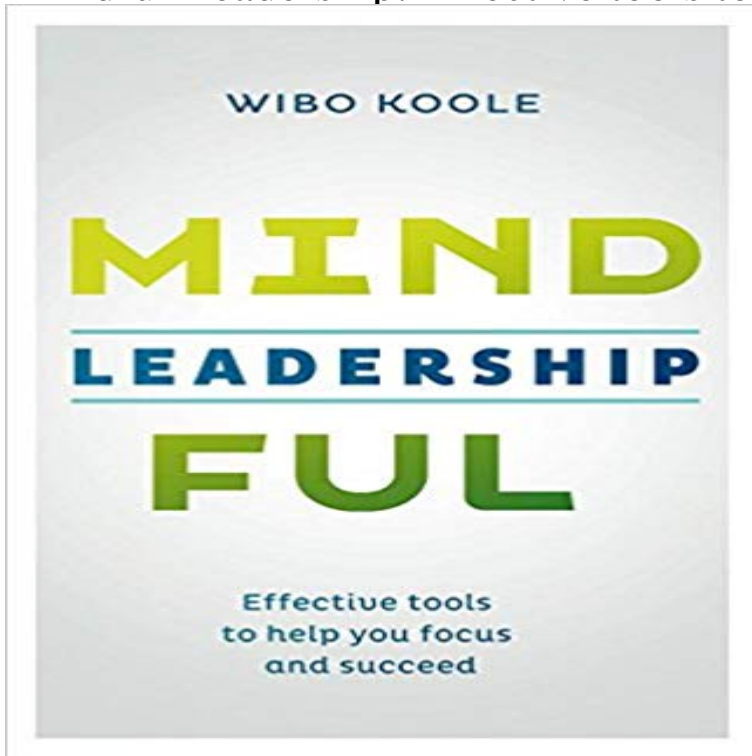


Mindful Leadership: Effective tools to help you focus and succeed



Feel like the world is passing you by as you rush through another workday? Like you never have enough energy to manage the team you're supposed to be leading? Like you can't even accomplish yourself what you set out to achieve? What you need is focus. Focus is at the core of effective leadership, but cultivating it has become daunting in our age of globalization, fast technological change, and environmental challenges. As a leader, you need tools to navigate these unknown territories. One of the most effective tools is mindfulness: paying attention, openly and curiously, to what happens in the present moment. This book is full of insights and exercises that teach leaders and leaders-to-be how to practice mindfulness. It shows how mindfulness allows you to become more mentally and physically resilient, more easily able to switch between action and reflection, and better equipped at knowing when to focus on yourself or the world around you. But mindfulness-based leadership doesn't stop there. By learning to focus, you learn to work with your team more effectively. Nurturing a mindful corporate culture helps you solve problems and build healthy strategies that will benefit you, your colleagues, and your organization.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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