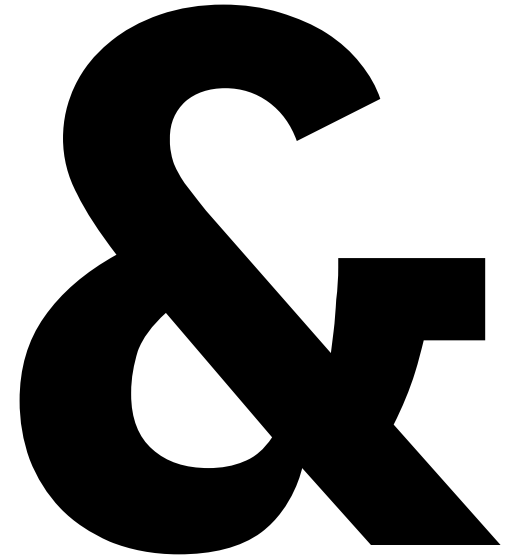


# EMOTIONAL AGILITY AND MINDFULNESS FOR LEADERS

**August 2020**

Anthony Kearns, Practice Group Leader - Consulting



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Lander & Rogers  
Lawyers

# HOW WE WILL WORK TOGETHER

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Less this



More this



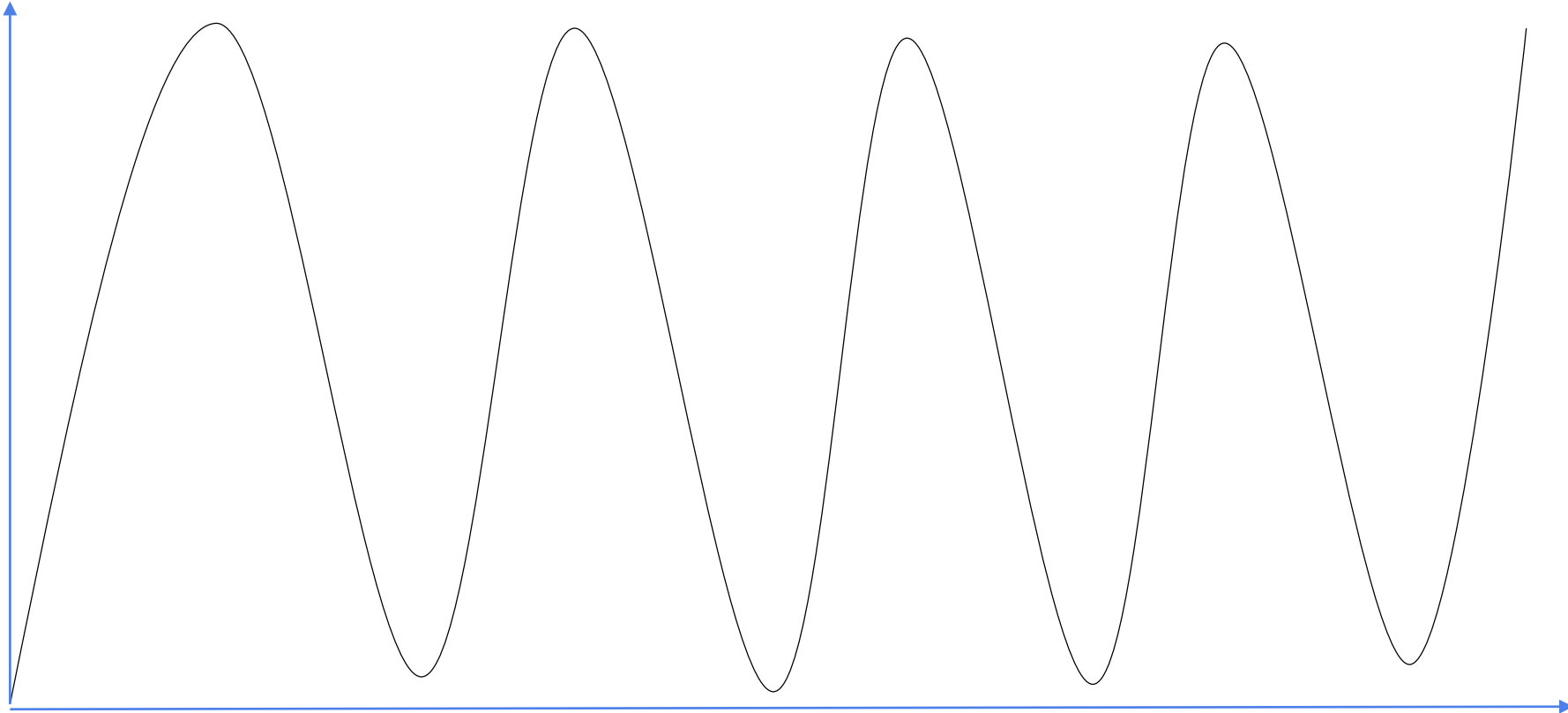


LET'S TALK ABOUT YOUR FEELINGS?

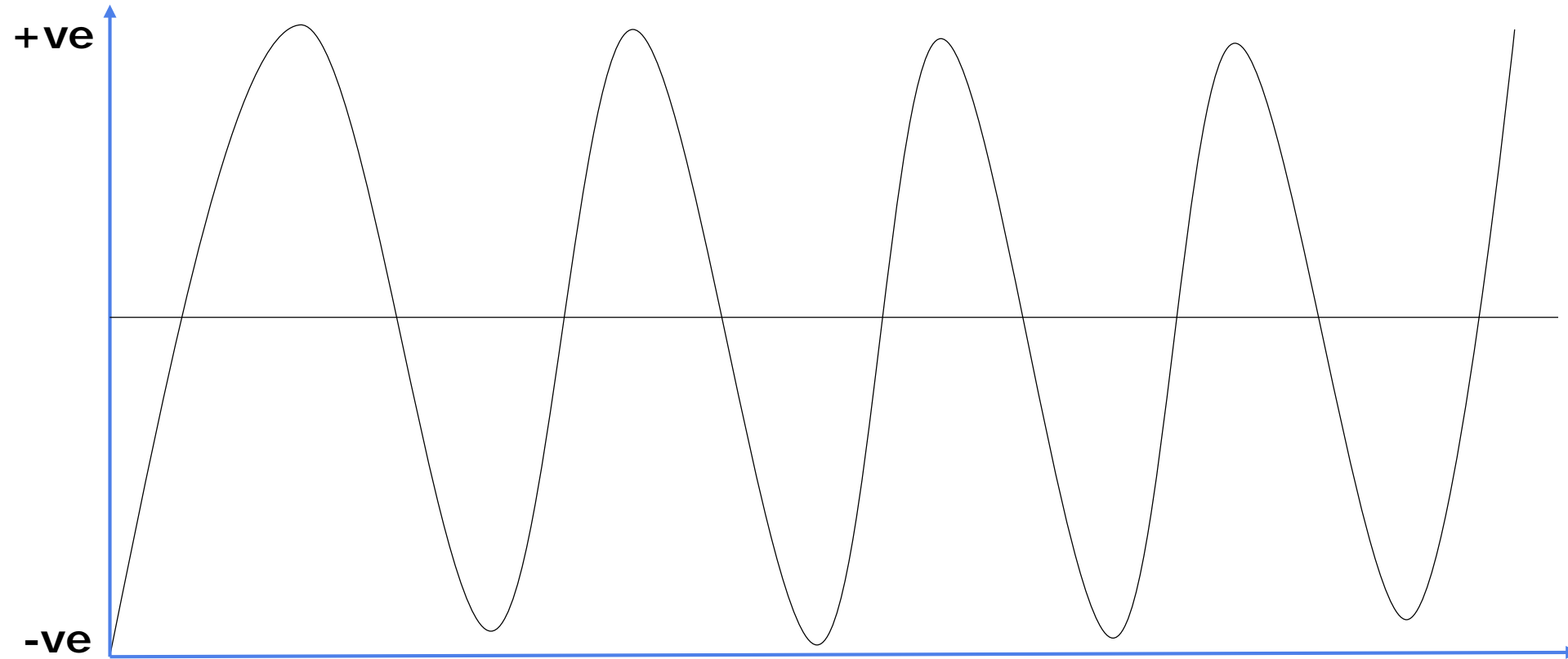
A close-up photograph of a piece of dark green, textured paper that has been torn horizontally. The tear is jagged and uneven. On the left side, a vertical strip of the green paper remains attached. The white surface revealed by the tear contains the text "Share your story..." in a black, serif font.

Share your story...

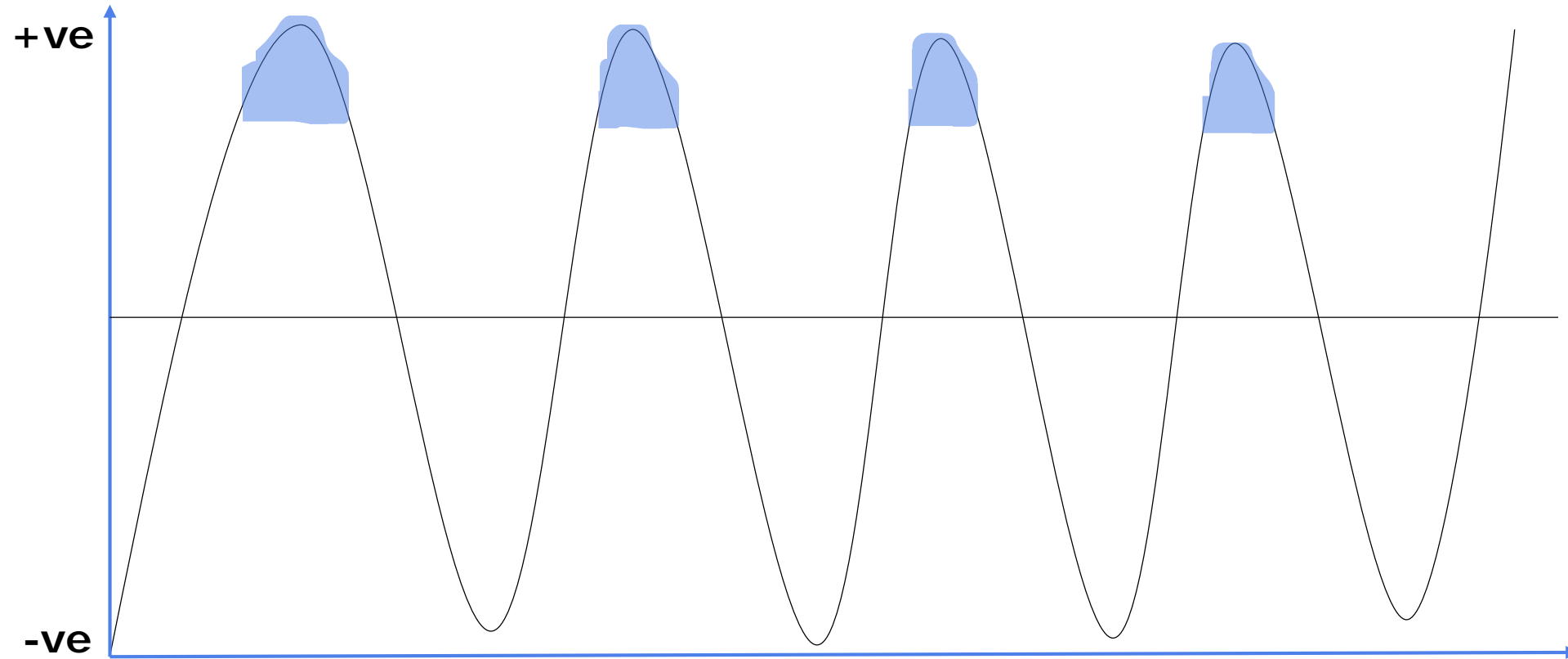
# A BRIEF HISTORY OF EMOTIONS



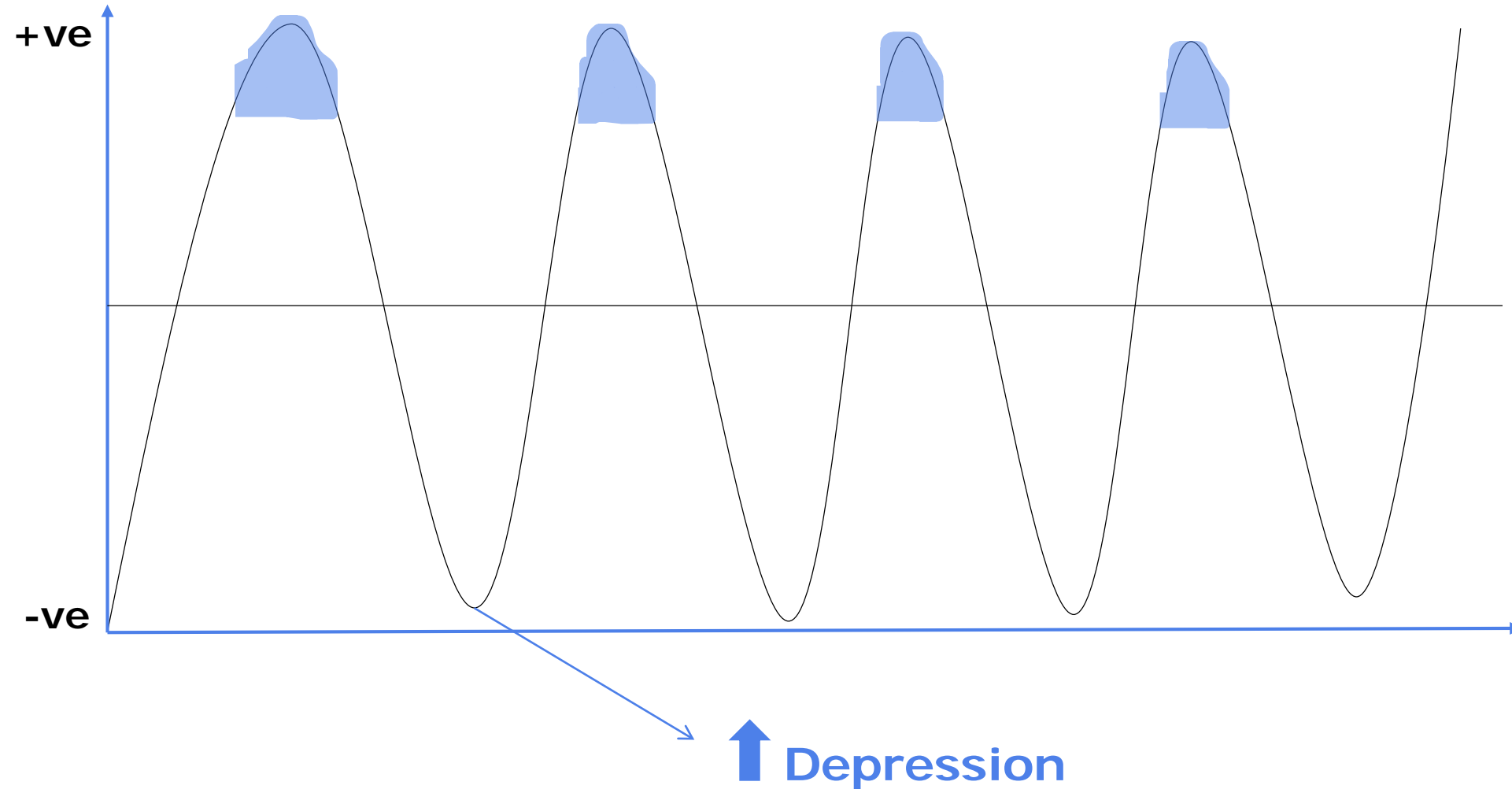
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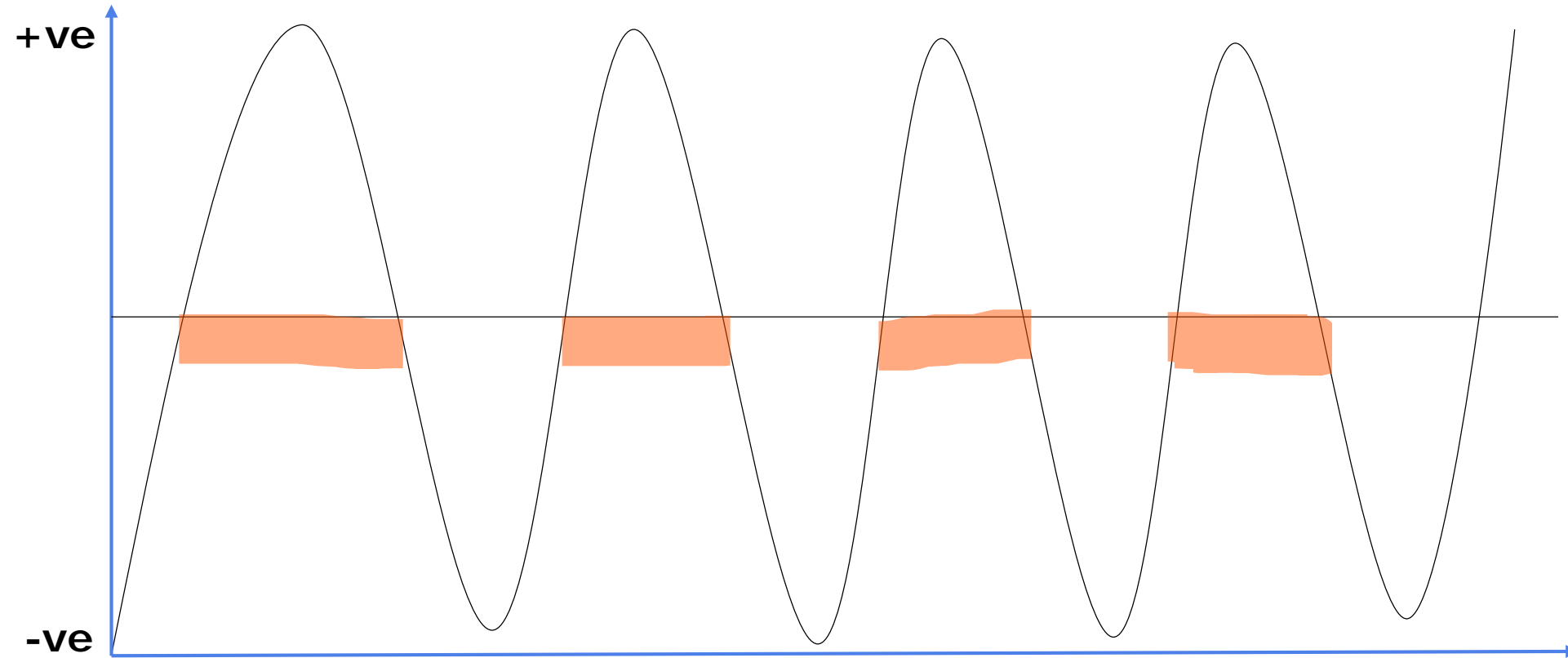
# A BRIEF HISTORY OF EMOTIONS



# A BRIEF HISTORY OF EMOTIONS



# A BRIEF HISTORY OF EMOTIONS





# EMOTIONAL INTELLIGENCE

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## Recognise

- emotions as data.
- in yourself and others.
- faces are our most important source of emotional data by far.

## Use

- emotions in your thinking, reasoning and decision-making.
- mood-task matching.

## Understand

- cognitive understanding of emotions helps us to manage emotions but it is not the whole game.
- it starts with vocabulary.

## Manage

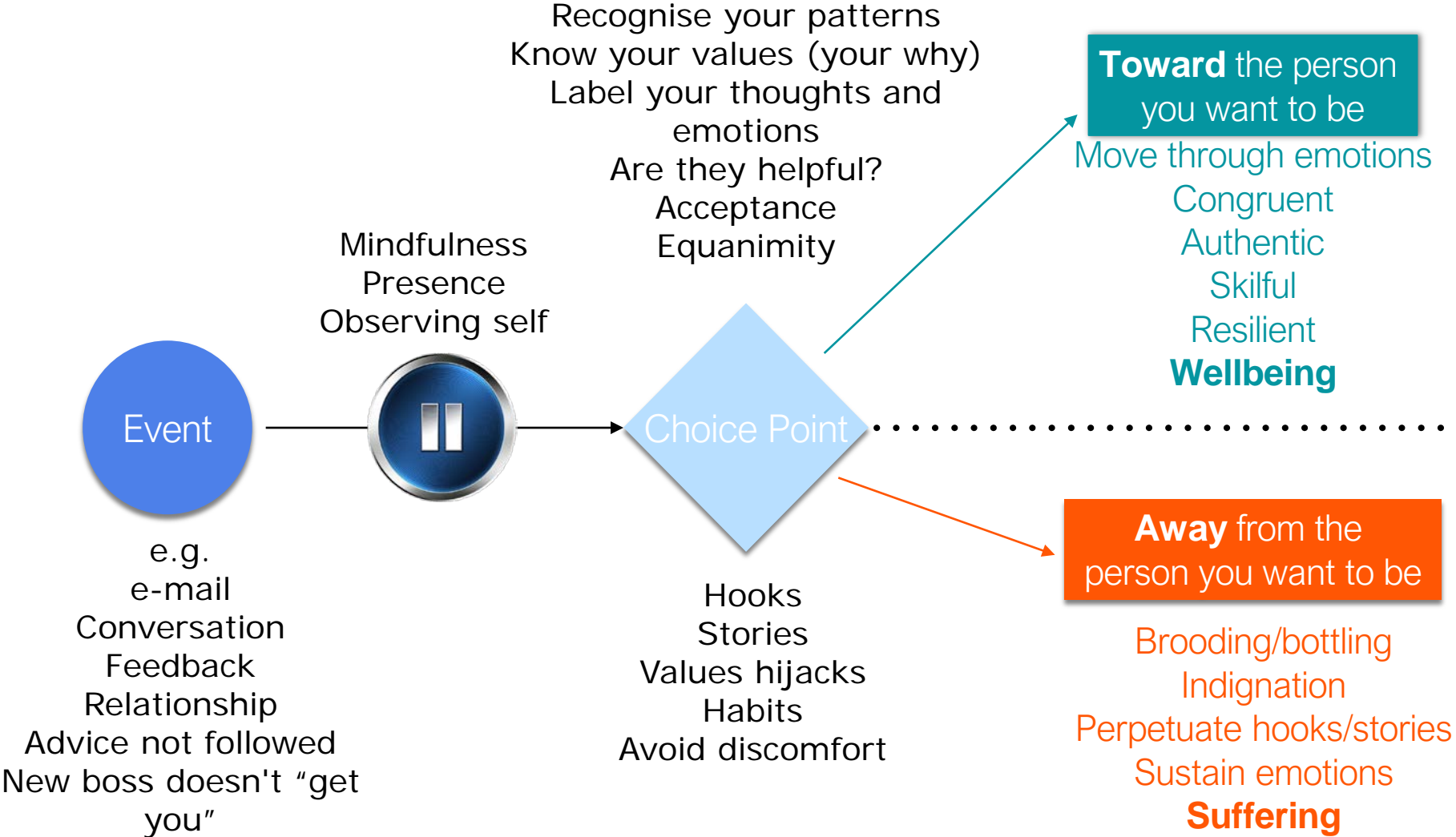
- short and long-term strategies in yourself and in your relationships with others.
- acceptance and moving “through” emotions.
- equanimity and wisdom.

# EMOTIONAL AGILITY

## Stimulus

## Choice

## Response



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## MINDFULNESS



**“paying attention in a particular way; on purpose, in the present moment, and non judgmentally.”**

Jon Kabat-Zinn









# COST OF MINDLESSNESS

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- Cognitive/emotional overload
- Stress
- Anxiety/depressive disorders
- 2016: Depression > Heart disease



# OUR COGNITIVE MYTHS

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- Multi-tasking
- Emotional suppression
- Rational decision making
- Primacy of cognitive intelligence



# INDIVIDUAL EFFECTIVENESS

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- Reduced distraction and rumination
- Increased cognitive flexibility
- Improved attention and working memory
- Improved decision making
- Greater empathy/connection
- Creative insight



# WELLBEING

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- Reduce stress
- Increase positive affect
- Increase resilience
- Improved sleep
- Improve emotional regulation
- Improve symptoms of clinical depression

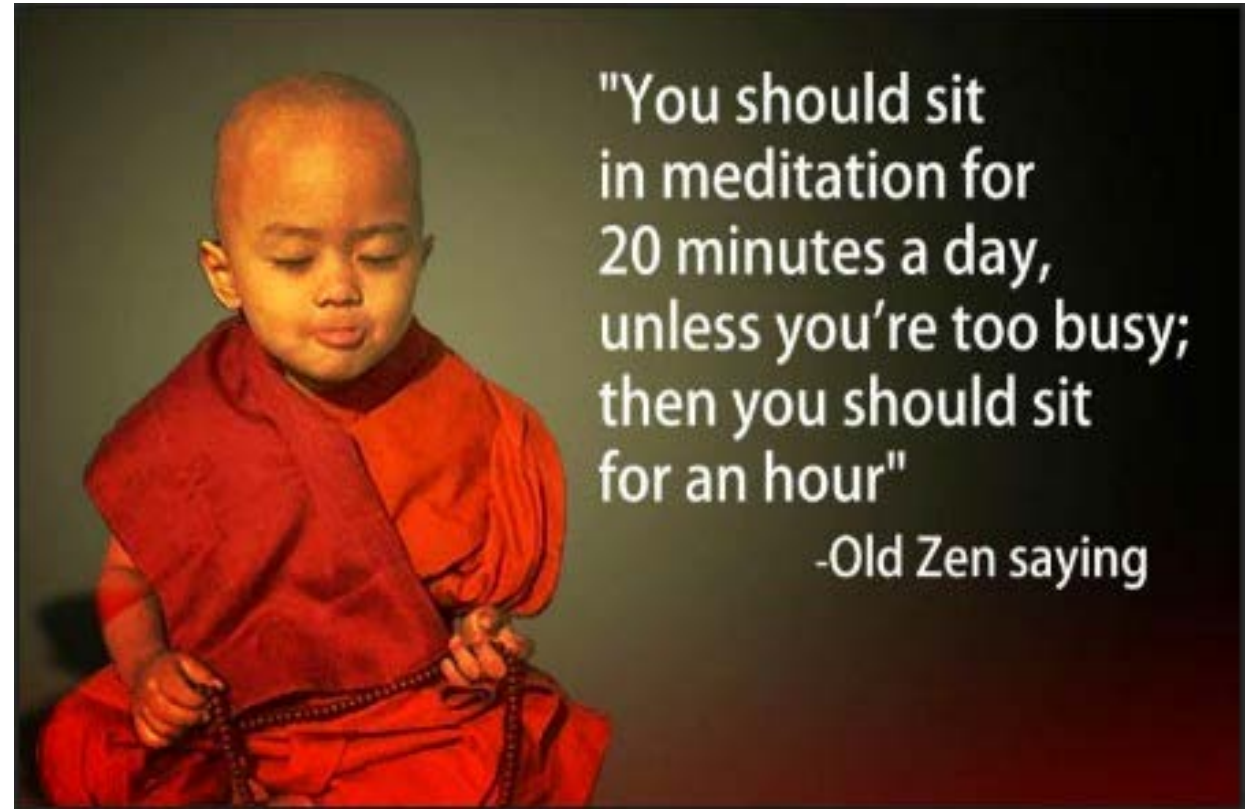




# PRESCRIPTION

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- Intensive training
- 30 minutes formal meditation per day
- Regular meditative pauses
- The beginner's mind
- Self-compassion



# WHAT HAS ALL THIS GOT TO DO WITH LEADERSHIP?

A close-up photograph of a piece of dark green, textured paper that has been torn horizontally. The tear is jagged and uneven. On the left side, a vertical strip of the green paper remains attached. The white background visible through the tear contains the text "Share your story..." in a black, serif font.

Share your story...



# THE ATTENTION ECONOMY



“Understanding and managing attention is now the single most important determinant of business success.”

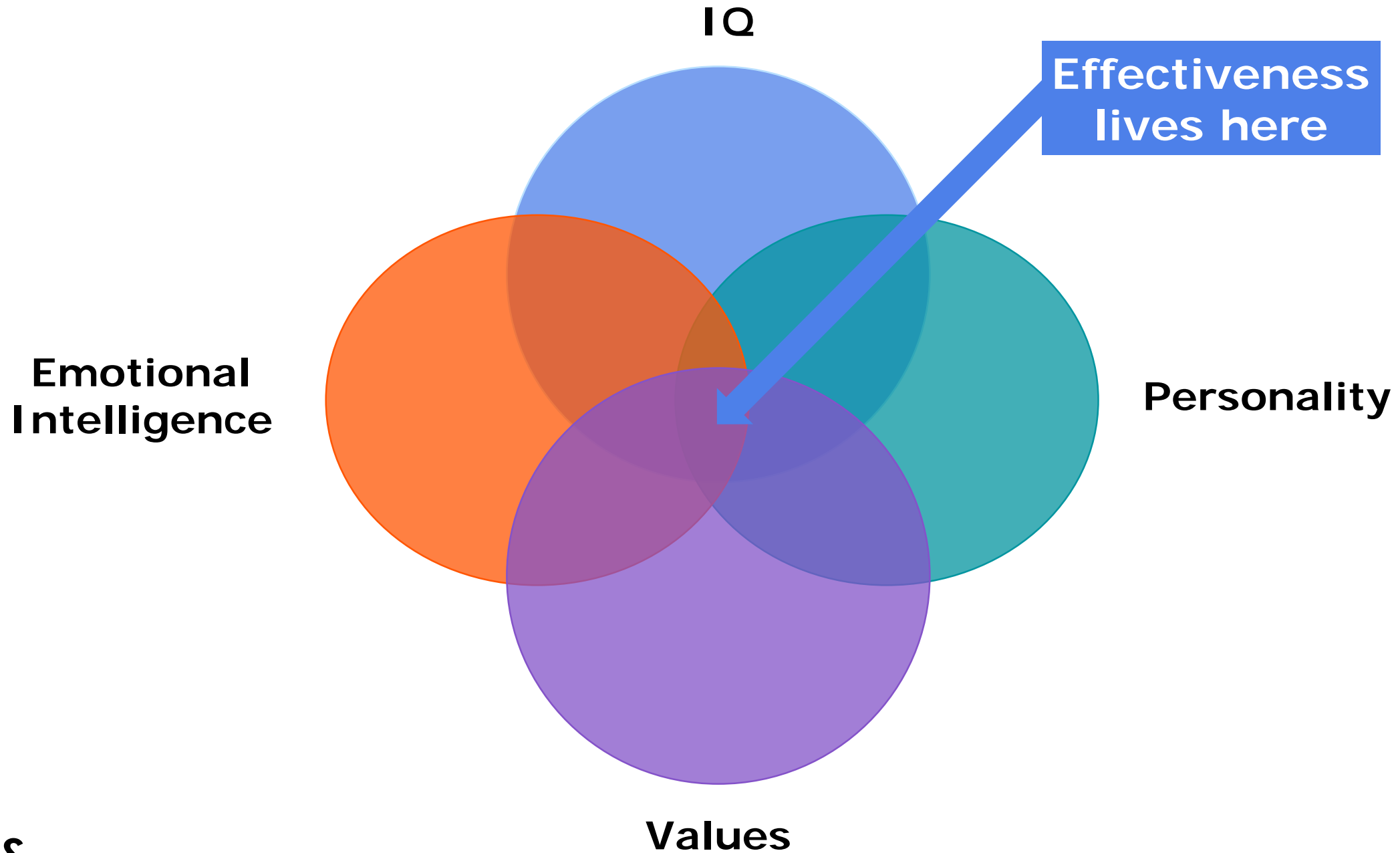
Thomas H. Davenport and John C. Beck

# CRITICAL LEADERSHIP DOMAINS

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- Inclusive leadership
- Adaptive leadership
- Dealing with complexity
- Unlocking discretionary effort
- Judgment and decision making





## LET'S PRACTICE

