

# Mindful Leadership



Leading From A Place

Of Presence & Compassion



CIRCLES

**February 22**

18.00 hrs |

Venue: The Margi

Mindful leadership embodies presence through focus, clarity, creativity and compassion in the service of others. In this experiential presentation, we will explore how these abilities are fundamentals for leadership excellence, what inhibits them and how through training and practice we can cultivate them and significantly improve the quality of our work, our lives and the lives of others.

## Agenda

- 18.00 – 18.30 | Welcome coffee
- 18.30 – 20.00 | Presentation & Experiential Activities
- 20.00 – 20.30 | Q&As
- 20.30 | Cocktail reception

with

**Vassilis Xypolias**

Mindfulness & MBSR Teacher, CFM/UMASS  
Founder of Mindfulness 360 – Center For Mindfulness  
([www.mindfulness360.net](http://www.mindfulness360.net))

