



# The Mindful Leader: Ten Principles for Bringing Out the Best in Ourselves and Others

*Michael Carroll*

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A new generation of business leaders is turning to mindfulness as a cutting-edge leadership tool. Scientific research suggests that the practice of mindfulness (a technique for learning to live in the present moment) can help individuals to gain clarity, reduce stress, optimize performance, and develop a greater sense of well-being.

In *The Mindful Leader*, Michael Carroll explains what mindfulness is and how to develop it in the hectic and often stressful environment of the twenty-first century workplace. He focuses on ten key principles of mindfulness and how they apply to leading groups and organizations. Along the way, Carroll addresses a range of topics, including how to:

- heal the “toxic workplace,” where anxiety and stress impede performance
- cultivate courage and confidence in the face of workplace difficulties
- pursue organizational goals without neglecting what’s happening here and now
- lead with wisdom and gentleness, not just with ambition and power
- start a personal meditation practice to develop your innate leadership talents

Full of engaging stories and practical exercises, *The Mindful Leader* will help leaders in any field to discover their innate intelligence, bravery, and joy on the job.

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