

# Connecting the Head and the Heart Mindfulness in Leadership

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# Connect to your wisdom

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Logic of the mind... wisdom of the heart..  
Live with power and purpose!

The wisdom of Traditional Chinese  
Medicine -The season of the HEART..

The Heart Math Institute



# Mindfulness is...

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Being open to what is... in every moment.

Welcoming the flow of life.



# Mindfulness

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Meditation stimulates the release of neurotransmitters  
Including:

Dopamine- antidepressant

Serotonin- associated with increased self-esteem

Oxytocin- pleasure hormone/related to trust

Opiates- body's painkillers

Meditation changes the brain's happiness set-point.

(Chopra, Deepak, 2009- *The Ultimate Happiness Prescription*)



# Mindfulness

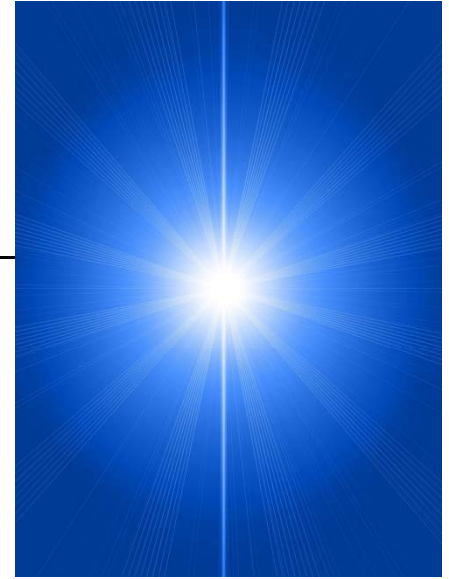
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- Increase your intuition
- Get grounded
- Tune into others
- Become aware of your breath
- Notice sensations
- Observe thoughts
- Cultivate the "inner observer"



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*Breathe*





SLOW DOWN  
TUNE IN  
GET CLEAR



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*Values and  
Triggers*



# Values

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Abundance

Hope

Joy

Achievement

Equality

Faith

Kindness

Love

Spontaneity

Honesty

Challenge

Safety

Power

Respect

Wealth

Freedom

Justice

Ambition

Family

Recognition

Adventure

Patience

Integrity

Trust



# Working with a challenge

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1. Get grounded
2. Think of a challenge
3. Notice your internal response
4. Direct feelings of compassion to the situation
5. Reflect

Questions?

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