



## Mindfulness: One pillar of leadership excellence

**Feb. 22**                    **340 Ocean Dr. – Juno Beach**

**March 15**                **700 N. Indian River Dr. – Fort Pierce**

**The same session will be held in both locations to shorten drive time**

**9:00 am – 1:00 pm (includes lunch)**

Mindfulness isn't a common practice in local government, yet the lack of it is emphasized by the issues caused by the current hurry up, do it faster and cheaper model even at the cost of civility in the workplace. Mindful leadership emphasizes so many things that matter for good leadership such as “see the big picture”, “think systematically”, “pause and consider the longer term consequences” and “don't overreact”. Do we always pay all that much attention? A recent Harvard study revealed that mindful leaders are more effective, get better results and are more respected by their employees. When leaders actively engage in mindfulness practices, the "psychological capital" of an organization rises.

Don't miss this opportunity to engage in training side-by-side with Florida's managers.

All FCCMA members will be invited, but most likely participants will come from District 4 which includes county and city members within the following counties: Indian River, Martin, Palm Beach and St. Lucie.

Name: \_\_\_\_\_

(as you wish it to appear on your badge)

Title: \_\_\_\_\_ Company: \_\_\_\_\_

Email: \_\_\_\_\_

Acknowledgement: I understand that I will not be issued a refund if I need to cancel my attendance. I can however, have someone attend in my place provided I notify Beth Rawlins via email in advance of the event.

**Attendance is \$500 per person for participating corporate members.** (Credits may be used)

To confirm your available credit or to register, please contact [dahlberg@businesswatchinc.com](mailto:dahlberg@businesswatchinc.com)

Forms due by February 13 (Juno Beach) and March 8 (Fort Pierce).

For security purposes, to pay by credit card, you will be sent an invoice and provided a link to make payment on the secure website. Checks should be payable to Business Watch Inc. and sent to PO Box 16414 Clearwater, FL 33766.