



The Mind to Lead: Coaching for Calm, Confident Power

Suzanne Kryder Ph.D.

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Thanks to advances in neuroscience including the validated effectiveness of mindfulness practice, you can be the calm, confident leader you've always known you could be – the leader people want to follow. This captivating introduction to the emerging fields of neuroleadership and mindful leadership will help you:

- >Stop overreacting to bad news and difficult people.
- >Let go of your fears of being in charge.
- >Stay calm, get what you want, and enjoy challenging conversations with employees, clients, and your boss.
- >Feel totally confident when making tough decisions.
- >Use links to our website packed with valuable assessments, audio, and other resources.

The Mind to Lead brain-based coaching model helps leaders be less reactive, more focused, and more self-confident. Just imagine what you can accomplish with that mindset! If you're looking for a way to translate your silent mindfulness practice to your work environment, The Mind to Lead model describes specific tools and exercises for staying present and communicating calmly in even the most difficult situations. Learn how busy leaders like yourself improved their productivity and effectiveness by incorporating practical brain-based techniques---some taking only ten seconds---into their work day and leadership style. In addition to mindfulness tools, read how Suzanne's coaching clients used The Work (2011, Byron Katie International, Inc) to investigate judgmental thoughts and increase their confidence as leaders. Thanks to the plasticity of the brain and mind, you can create lasting change in yourself, your team, and your organization.

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