



# Pause for Breath: Bringing the Practices of Mindfulness and Dialogue to Leadership Conversations

*Amanda Ridings*

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## **Pause for Breath: Bringing the Practices of Mindfulness and Dialogue to Leadership Conversations**

Amanda Ridings

This book is for leaders, coaches and practitioners who are intrigued by their contribution to, and impact in, conversations, and who are committed to cultivating an authentic presence and voice. The book explores: the influence of internal dialogue on your interactions with others and your effectiveness in your organisation; how to increase your versatility in challenging or delicate conversations and to develop capacity for doing this in 'bad weather' (adverse conditions); and how to germinate systemic change, one leadership conversation at a time.

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