



## Redefining the Recipe for Sustainable Leadership

The breakfast of champions has changed. There is a need now for new ingredients to be added to that old stand-by recipe. Redefining the recipe will result in fortified and sustainable leaders. This all day workshop will provide the necessary ingredients to handle the relentless and complex demands of being a library leader. This Senior Leadership workshop offers insights for working and leading more mindfully. The most effective leaders know more than their business. They also know themselves. Through this program leaders pause long enough to honestly take stock of what they bring to their roles, unlock and tap into greater capacities, equipping them to effectively move change forward.

The morning session focuses on discovering how purpose, internal resources and core values guide day-to-day leadership decisions, behaviors and profoundly impact performance.

The afternoon portion of the workshop introduces the fairly recent application of neuroscience research to leadership effectiveness; it offers men and women a powerful way to be resourceful and grounded through any challenge. The research demonstrates the extraordinary ways that we can use the mind to change the brain and increase emotional intelligence, boost memory, improve focus and learning capacities, enhance the immune system and possibly even slow down aging.

The information shared will heighten leaders' ability *to act from choice rather than habit*. The session will include a module on Mindful Communication: communicating in an authentic and respectful manner while increasing impact and influence. Communication practices will involve real-time work scenarios. Leaders experiment with proven practices that increase resilience and improve productivity as well as the quality of their relationships.

### Agenda for the Day:

8:30-9:00 Registration and Continental Breakfast

9:00-12:30 Morning Session: Leading from the Core

12:30-1:30 Lunch

1:30-5:00 Afternoon Session: Mind over Matter