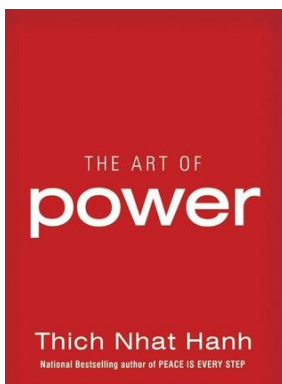


# Mindful Leadership Program: *Cultivating the True Power*



Mindful Leadership Program is tailored for managers, executives, officers and leaders who aspire to cultivate the true power through practicing mindfulness. Mindfulness is the energy of being aware and awake to the present moment and it helps cultivate the true power of leadership. Some of the world's top companies and organizations train their employees in mindfulness, including Google, the World Bank Group and Salesforce. As a true leader, you inspire people by your way of living, and people listen to you not because they have to but because you are fresh, serene, wise and authentic.

Integrating the knowledge and experience of Clinical Psychology, Neuroscience and Mindfulness Born Peace and Happiness (MBPH) approach – a way of wellbeing developed based on the Plum Village tradition founded by Zen Master Thich Nhat Hanh, this program is developed to help integrate the art of mindfulness into both personal and professional lives with ease and joy while cultivating the true power of leadership.



Mindful Leadership Program for the management team of the Tuen Mun Children and Juvenile Home (TMCJH)

