

QUEST SERIES

QNET presents:

Mindful Leadership

Monday, December 11, 2017 – 11:30 a.m. to 1:30 p.m. – Luncheon Presentation

Location: QNET - Suite 660, 175 Hargrave Street, Winnipeg

Mindfulness contributes to more intentional awareness of one's inner processes. Balance in emotion and thought leads to health and well-being, and provides a rich foundation for leadership success. The mindful leader leads from a grounded, self-aware and compassionate place, which reduces stress for others and inspires teams to action.

This presentation will provide information and strategies for how leaders can bring mindfulness practices into their work to feel more inspired and productive.

At this luncheon presentation you will:

- Learn the Benefits of Mindfulness for Leaders and Organizations
- Identify Talents of a Mindful Leader
- Describe Mindful Communication
- List Steps toward Compassionate Leadership

Presenter: Vicki Enns,

Vicki is involved in a multitude of leadership roles, including being the Clinical Director of the Crisis & Trauma Resource Institute, an Approved Supervisor with the American Association for Marriage and Family Therapy, and the President of the Manitoba Association for Marriage and Family Therapy (MAMFT). She believes that it is essential for leaders to continue learning and developing their self-awareness alongside evolving leadership skills. Vicki continues her own path of personal growth with mindfulness practices including the contemplative and active streams. As a trainer, she is particularly gifted at creating a learning atmosphere that is collaborative and respectful, and which embraces diversity in personal identity, skills and cultural perspectives.

Fee: (includes a light lunch)

- \$39.00 + GST for Members of QNET and APICS Winnipeg
- \$49.00 + GST for Non-Members

This session is presented by QNET in partnership with APICS Winnipeg Chapter, and Manitoba Education and Training.

REGISTER ONLINE at www.qnet.ca



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