

# Corporate Training SOLUTIONS

Train your people. Transform your company.

## Supervisors' Connection

### A Mindful Leader

#### September Supervisors' Connection

**Summary:** Being a mindful leader is about flexibility of thought and actions, breaking out of operating on auto pilot and habitual behavior. It is a mental discipline that has been practiced for thousands of years. Today it is recognized as a foundational skill for effective leadership, and used by hundreds of organizations.

In this session, we will explore why mindfulness matters to leaders:

- Leading in a VUCA world  
*volatile, uncertainty, complexity, ambiguity*
- Identifying sources of pressure and stress
- Mindfully reducing leadership stress  
*mental construct and present moment facts*
- Be mindful of your breath or focus on sensations

**Date:** Wednesday, September 20<sup>th</sup>, 2017  
**Time:** 8:00 am – 10:00 am  
**Cost:** \$49.00  
**Place:** NSCC -- CTS, One Ferncroft Rd., DS106, Danvers, MA 01923

**Facilitator:** Betsy Day is a Professional Development Trainer and Coach for Corporate Training Solutions. For more than 20 years, she has dedicated herself to sharing her energy, knowledge and resources. Having meaningful conversations and connections with clients has led to mutual success and satisfaction. Her goal is to influence professionals to define and own their professional development and leadership presence.

**Please Register by September 14<sup>th</sup>, 2017**

Call: (978) 236-1240 or Fax: (978) 236-1220 or Email: [sryan@northshore.edu](mailto:sryan@northshore.edu)

Please complete all questions on this registration form and fax to: NSCC (978) 236-1220 or mail payment and form to: Ms. Susan Ryan, North Shore Community College, One Ferncroft Rd., Danvers, MA 01923.

**Date of Birth:** Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ (Must Include Birth Date to Register) **Gender:** Male Female  
**Last Name** \_\_\_\_\_ **First Name** \_\_\_\_\_ **Middle Initial** \_\_\_\_\_  
**Street Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
**Home Telephone** ( ) \_\_\_\_\_ **E-mail Address** \_\_\_\_\_  
**Business** \_\_\_\_\_ **Business Telephone** ( ) \_\_\_\_\_ **Ext.** \_\_\_\_\_

Course Code	Sec.	CRN#	Course Title	Date	Time	Cost
xxx	xxx	xxx	A Mindful Leader	9/20/2017	8am – 10am	\$49.00

Payment *MUST* accompany registration form. Please make check payable to: North Shore Community College.  
*MasterCard, Discover or Visa accepted. (circle one)*

**Account #** \_\_\_\_\_ **Expiration Date** (mo) \_\_\_\_\_ (yr) \_\_\_\_\_

**Cardholder Signature** \_\_\_\_\_