




2-week handheld support  
on practice and adoption  
of techniques

# Mindful Leadership For VUCA Times

Poised....Present....Resilient....Connected

## Program Details

The current crisis has pushed leadership capabilities to their limits – demanding tough decisions and swift actions in a highly volatile world, while keeping the teams aligned and motivated. This requires leaders to access a deeper reservoir of resilience, depth, agility and optimism.

This program aims at equipping the business leaders with new-age mindfulness-based tools and deep work techniques, to function with an elevated level of presence, poise, profoundness and inner strength.

## Key Takeaways

- Inspiring Presence and Poise
- Enhanced Resilience & Inner Strength
- Deep Thinking & Sharp Decisions
- Greater Cohesiveness with Virtual Teams

## Who Can Benefit:

Business & function heads and senior leaders from varied industries and domains.

**Program Fee:**  
INR 1,500/- plus GST

**Date:** 29<sup>th</sup> May, 2020 | **Time:** 4.00 pm - 5.30 pm

**Facilitator Profile** - *Sapan Shrimal* is the Co-Founder at Monk@Work, a specialized consulting firm, enabling mindful culture at workplace. Sapan is a thought leader on mindfulness at workplace and comes with a rich experience in the field of leadership and cultural transformation, coupled with over 20 years of practice and study in mindfulness. His insightful perspectives are trusted by leading organizations across



industries, including many Fortune-500 companies and large conglomerates. He has been a speaker at various industry and HR forums and his perspectives have been captured in publications of prominence.

**Contact**

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