ABOUT THE PROGRAMME

In an age of unprecedented information and uncertainty, certain leadership essentials are often bypassed as executives strive to meet increasing demands and avoid distractions. At the same time, and perhaps now more than ever, they are also challenged consistently to “know themselves and be themselves”. Although leaders need to find their space to lead effectively and ethically from their “core self”, they are often left wondering about what it means to be authentic and how to develop authenticity.

SMU is at the cutting edge of research and the practice of mindful leadership through the Mindfulness Initiative @ SMU. In this programme, a passionate and dedicated faculty uses mindfulness, or the ability to be fully and openly in the present moment, as the main pathway to developing authentic leadership.

SMU-ExD’s Know Thyself, Be Thyself: Leading Authentically with Mindfulness is a practical “how-to” programme that enables participants to develop authentic leadership skills such as self-awareness and emotional intelligence. Through a carefully designed series of practical mindfulness-based practices geared towards leaders, participants learn effective ways to lead themselves and others. Activities are grounded in recent research on mindfulness as the self-regulatory capacity to maintain focus, openness and clarity in the present moment, the basis of authentic leadership and emotional intelligence.

Deep diving into the practice of mindful leadership takes place within an intensive 2+1 day programme. Four modules are presented, with lunch breaks incorporating approaches to Mindful Eating. By the end of the programme, participants are well equipped to “Know thyself, be thyself.”

BENEFITS

- Develop an authentic leadership style
- Begin to fundamentally transform the way you relate to yourself, others, and a dynamic, ever-changing environment
- Increase your leadership self- and other-awareness
- Enhance clarity and focus for performance and decision making
- Improve your emotional intelligence and empathy
- Develop greater balance, resilience and wellbeing

WHO SHOULD ATTEND

Mid-level executives and leaders should attend the programme. Participants should be open to leadership development through mindfulness-based approaches that involve experiential mind-body practices such as secular meditation. No prior experience is expected.

PROGRAMME HIGHLIGHTS

- “Deep dive” into the practice of authentic leadership through mindfulness
- Experiential, interactive programme allows you to develop authenticity and emotional intelligence
- Intensive and developmental 2+1 programme with optional 3rd day to consolidate and deepen the benefits derived

APPLICATION

To register for the programme, apply online at http://exd.smu.edu.sg/programmes/leading-authentically-with-mindfulness

PROGRAMME DATES

- 14–15 October 2016
- Optional follow-up: 18 November 2016

PROGRAMME FEES

- SGD 2,800 (includes optional follow-up)

LOCATION

Singapore Management University, Singapore

DEADLINE

Applications close 8 October 2016

For further enquiries, please contact:

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SMU Executive Development
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Email: winstonliew@smu.edu.sg
PROGRAMME SCHEDULE

MODULE 1 MINDFULNESS, AUTHENTICITY, AND BEGINNER’S MIND
As leaders establish themselves as experts in certain areas, their minds can start to become less open to new ideas and their behaviours can become more habitual. Through an experiential exercise, participants experience first-hand the benefits of seeing the world with the curiosity of a beginner’s mind. This open curiosity naturally leads to mindfulness and authentic actions.

MODULE 2 FOCUS ON SUSTAINABLE PERFORMANCE
Today’s workplaces are characterised by information overload, making attention a bottleneck in a decision maker’s effectiveness. Research suggests that the popular tactic of multi-tasking is costly and ultimately not very effective. Participants will be introduced to mindfulness-based attitudes and practices that help them to focus their full attention on their current tasks, resulting in effectiveness and high quality results.

MODULE 3 DEVELOPING EMOTIONAL INTELLIGENCE
Leaders need both IQ and EQ to excel in their work. While the importance of emotional intelligence has been well-established, leaders have received little guidance on how to develop it. Participants engage in mindfulness-based exercises that provide a highly experiential and effective way of improving all aspects of emotional intelligence, including emotional self-awareness, awareness of others’ emotions, emotion regulation, and empathy.

MODULE 4 EMPATHY AND DIFFICULT CONVERSATIONS
Communicating well is one of the most important leadership skills. In the final interactive module on Leading Mindfully, participants practice communicating mindfully with one another. Specifically, through practical exercises, participants experience both listening and speaking in a way that is attentive, open, non-judgmental and respectful. Such mindful communication can generate deeper mutual respect and bring relationships to new levels.

“Nowadays, many people are required to multi-task on the job. It is difficult to cope with many tasks and deliver good results at the same time. After attending an interesting and enlightening session, “Transformation through Mindfulness”, by Jochen Reb, I am inspired to learn more about mindfulness and practise it.”

JENNY TANG
Vice President, Quality & Manufacturing Management Group
Toshiba Tec Singapore Pte Ltd

“Business leaders often multi-task and do not stop to practise active listening or concentrate on a single task. Jochen disputed the widely held belief that one has to be good at multi-tasking in order to be a good leader. I learnt that being mindful and focusing on one task at a time cultivates good leadership. Practising mindfulness is a satisfying experience for the leader and definitely good for the brain!”

KRISTEN ANDERSON
Vice President, Quality & Manufacturing Management Group
Toshiba Tec Singapore Pte Ltd

“After attending a mindfulness session by SMU Executive Development, I understood the importance of slowing down and concentrating on one task at a time to improve the quality of our work. The session was valuable as it made me aware of my subordinates’ workload and how I can help them relieve stress.”

TALGAT DAIIBEKOV
Business Development Director
TV MEDIA
PROGRAMME DIRECTOR PROFILE

JOCHEN REB
Associate Professor of Organisational Behaviour & Human Resources
Lee Kong Chian School of Business
Singapore Management University

Jochen is the founder and Director of the Mindfulness Initiative @SMU, and head of the Mindfulness and Compassion Research Laboratory (MACLAB). His academic focus is on three main areas—judgement and decision-making in organisations, the interpretation of dynamic performance and the role of mindfulness in organisational contexts such as leadership and performance. A graduate of the Berlin Technical University, Jochen moved to the University of Arizona where he completed his PhD (Management) in 2005 and later became a senior lecturer at Cambridge Judge Business School at the University of Cambridge. His work has been published in the *Journal of Applied Psychology, Journal of Management, Organisational Behavior and Human Decision Processes, Personality and Social Psychology Bulletin* and *Personnel Psychology*. He is the editor of the forthcoming book *Mindfulness in Organisations* (Cambridge University Press).

FACULTY PROFILE

WILLIAM TOV
Assistant Professor of Psychology
School of Social Sciences
Singapore Management University

Dr. William Tov is an Assistant Professor of Psychology at the School of Social Sciences, Singapore Management University. He studies the assessment of well-being at multiple levels of analysis—from broad macro-level factors associated with societal well-being to narrow micro-level processes that shape daily well-being. He is also interested in the expression of emotion on social media and how well it corresponds with a person’s actual self-reported well-being. Finally, he examines the social implications of personality traits e.g. extraversion, agreeableness and honesty-humility, and how and why certain people have more satisfying relationships than others. Currently, he is exploring the links between mindfulness and well-being in everyday life, especially how mindful people regulate their emotional experiences in a daily context.

JANE GRAFTON
Mindfulness Trainer and Coach
The Potential Project

Jane’s interest in leadership has seen her train and coach a wide range of professionals in Asia Pacific, the United States, South Africa, India, Europe and the United Kingdom. She holds an MBA, a certificate in Neuroleadership and a certificate in Leadership Coaching from Georgetown University in the United States. In addition to leadership, Jane’s expertise covers project management, training and development and HR management. Based in Singapore since 2000, her previous appointments include the British Council, The John Lewis Partnership and 16 years in the British Army, retiring as a Major in 1994. An ICF ACC accredited coach, Jane is also closely associated with MMFT, an American based Institute specialising in Mindfulness Based Mind Fitness Training for the Military.
Highly regarded for excellence in management practice, SMU is one of Asia’s leading universities. SMU offers an unparalleled wealth of expertise in issues of business and management in Asia, distributed across its six schools (Accountancy, Business, Economics, Information Systems, Law and Social Sciences). The SMU city campus is a modern facility, enabling a technologically integrated learning experience in the heart of the Singapore business district.

Uniquely, SMU represents a fusion of Western and Asian theory and practice, with a strong foundation in our own research of management and business practices in Asia. SMU prides itself on the publication of research papers, its extensive library of teaching case studies and the business relevance of its programmes and courses. SMU emphasises an interactive and practice-driven approach to teaching, combining small classes (that are conducive to dialogues and discussions) with practical experience in which participants apply the knowledge gained. Known as a pioneer in the holistic approach to producing well-rounded, multi-talented programme graduates, SMU also seeks to incorporate leadership and team skills in all programmes.

ABOUT SMU EXECUTIVE DEVELOPMENT

SMU Executive Development enables executives to be “Future Ready–Now”, equipping them with the knowledge, skills and confidence that managers and leaders operating in Asia and globally require today and will be increasingly relevant tomorrow. Our portfolio of programmes empowers you to make key decisions in a context of technological revolution and contextual uncertainty; lead teams and organisations across borders, generations and genders; and to ‘do good and do well’.

Be empowered to make a difference. Be Future Ready-Now.

Singapore Management University (SMU) Executive Development (ExD) takes a progressive approach to pedagogy that emphasises knowledge, application and empowerment. The academic and practice-track faculty members use multiple formats and multi-channel methods to support a learning journey that guarantees a rigorous real-world learning experience.

Each programme weaves together rich expertise and industry experience to give participants a profound understanding of managing in Asia. The integrated learning process emphasises:

- Interactive Class Discussions
- Experiential Learning
- Action Learning
- Self Reflection
- Case Studies
- Simulation
- Toolkits and Frameworks
- Coaching and Mentoring
- Role Plays
- Peer Learning

Developing Future Ready Leaders
1. EXCEL Leadership Programme
2. Financial Talent Executive Network (F-Ten®) Asia
3. Senior Executive Programme
4. Women and Leadership

Managerial Capabilities
1. Accenture–SMU Change College: Managing Change
2. Advanced Negotiation Strategies
4. Asia Transition Certificate Programme
5. Executive Skills for Board Members
6. Future Ready Forum
7. Going Global: Internationalising Business
8. Mergers & Acquisitions

Global Industry Excellence
1. Asia Leaders Programme in Infrastructure Excellence (ALPINE)
2. Global Manufacturing Network & Supply Chain Management
3. Hospital Management Programme
4. International Corporate Coaching

Information in this brochure is correct at the time of printing. SMU reserves the right to change curricula, fees etc. without prior notice.