

Mindful Manager

Action Steps

Sharpen your skills as a Mindful Manager!

1. Be active. Think of a situation (or a few situations) you are currently responsible for that have hit a barrier. Have those project stopped cold? Take a few minutes to brainstorm alternative solutions you can implement to get them started again.

2. Influence through enrollment. Do you tend to influence others through pressuring them to conform? Take a step back and think of three ways you can shift your influencing style. How can you enlist others in a more positive (and ultimately more successful) way? For example, appeal to each person's vision for their career and their position in the company or motivate them by understanding what helps them buy into the plan.)

1. _____
2. _____
3. _____