

A Leadership State of Mind Seminar with

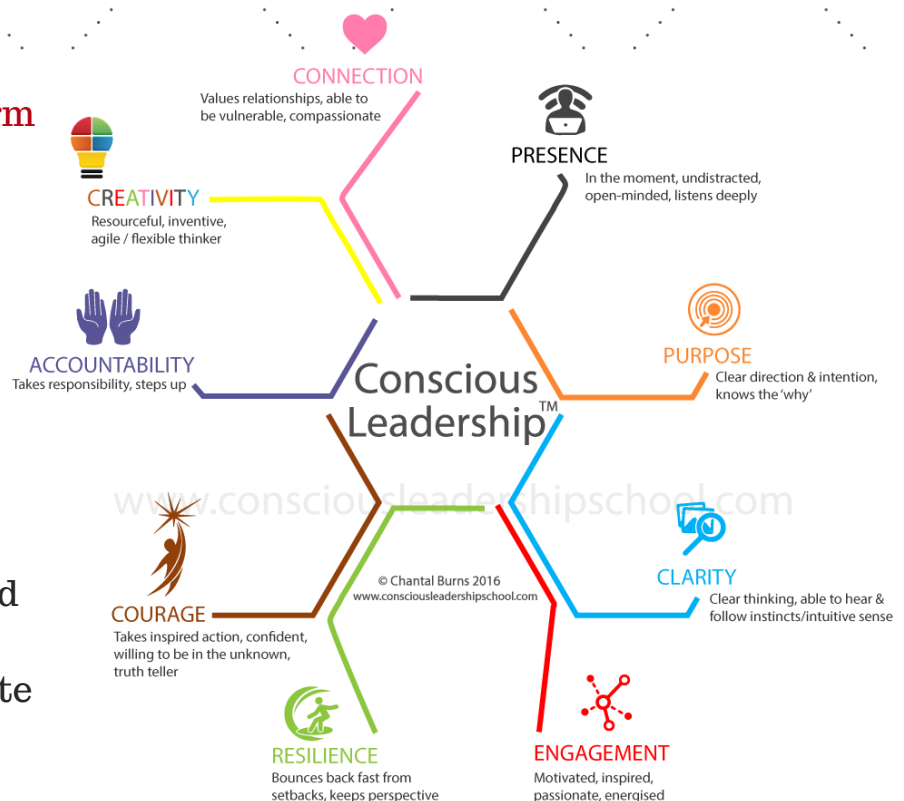
Cheryl Bond, Ed.D and Bestselling Author Chantal Burns
14th-15th November 2017

In today's volatile, complex and uncertain business environment, a leader's mental clarity is the crucial competency, yet it continues to be overlooked or misunderstood by traditional leadership development.

We all know what it feels like to be in that zone of mental clarity or flow, where we do our best work, and there's no doubt that it's the key to creativity, problem solving, decision-making and genuine connection with others. However, there's a common confusion about what stops us thinking clearly and being at our best. It's the widespread belief that external factors such as other people or past and present circumstances can cause or affect our moment to moment clarity. This cause-effect confusion creates unnecessary limitations and barriers, which are instantly eliminated when we gain insight into what really drives our leadership and performance.

This two day seminar will transform how you think about leadership competencies and success. You'll discover why there is only ONE thing that gets in the way of doing great work and being at your best.

Leadership and State of Mind experts Cheryl Bond and Chantal Burns, will introduce simple yet profound principles that reveal and explain the surprising source of optimal performance and the innate qualities of a conscious leader.



Join us to discover how and why...

- Resilience and clarity are always available in every moment, regardless of past events or current circumstances
- Emotions don't have to be managed or changed, they only have to be understood
- Realization is the key to sustainable behaviour change and transformation
- Engagement and motivation cannot be driven by strategies because they are an inside job
- There is no such thing as a 'people' or relationship problem; it's always a thinking problem
- Empathy, listening and true connection are natural by-products of a free and clear mind
- Lack of time isn't the problem; it's always a function of focus and presence
- Change doesn't have to be difficult or slow - it's how we think about change that determines how we experience it and lead it
- Innovation isn't a creativity issue, it's a thinking issue; fresh ideas are always available in every moment

Personal benefits of attending this unique programme...

- Say goodbye to the wear and tear of anxiety and overwhelm and experience a clearer mind more of the time
- Keep your balance and bearings in times of challenge or chaos without striving or strategies
- Feel more connected to others and have honest, open conversations, however people show up - and build deeper trust in the process
- Adapt and innovate with more ease and speed and foster the same in others
- Find increased ease with change and uncertainty and help others to experience the same
- Discover how to encourage the innate confidence, motivation and engagement of your people
- Experience clearer thinking and clarity of direction regardless of how challenging things are
- Find the elusive work-life balance you need

Hear what previous attendees have to say..

“The seminar was life changing. This essential education is not just for business leaders – it’s beneficial for every person on any path in life.”

Melissa Foote, Manager of Program Sales

“Before the CLS program, I believed that getting caught up in my thoughts and feeling busy-minded was normal, especially at work, in challenging circumstances. Now I recognize that the calmness and clarity I experienced in the sessions are a natural state available to me any time.

I’ve been able to let go of work thoughts for longer periods over the weekend than previously and as a result, I can more deeply relax during my time away from work. In addition, my listening has definitely improved! I’m more present and better able to support others, as I no longer stop their flow in my attempts to help them along.

I highly recommend the CLS State of Mind programme if you want to lead with presence and perspective.” **Jacqueline – Vice President, Engineering**

“The Conscious Leadership School State of Mind Seminar is an eye opening experience that all managers and leaders should take the opportunity to participate in. It is truly amazing that learning something so simple about how the mind works can change your entire perception on life, leading to many positive changes.

As a result of this seminar I have become a calmer, more understanding and level headed manager, husband and father – all from learning and becoming cognizant of what can and what cannot impact your current state of mind. I recommend this seminar for any manager or leader who wants to feel less stressed and more empowered and effective in all areas of your life. You will be amazed at the results.” **Scott Mele – Sales Manager, Cobham**

“After attending the Conscious Leadership Program I’m more in the moment, and able to listen with more presence, patience and less frustration which has made a real difference in influencing others. This is an invaluable education for leaders who want to lead with clarity and presence.” **Senior Vice President, TD Bank**

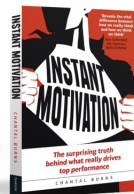
"If you are looking to face your leadership challenges with renewed clarity and focus, the CLS Leadership State of Mind Seminar is well worth the investment. As leaders, we need to commit to personal growth and development – never stop learning!" **Dr. S. C. Palmateer - Foundry Director**

ABOUT YOUR FACILITATORS

CHERYL BOND Ed.D.



Cheryl is a business consultant, facilitator and coach who brings transformational results in personal wellbeing and leadership performance, through an understanding of the inside-out nature of the mind. She works in a wide variety of companies including defense, banking, biotech, medical device technology, healthcare, and technology solutions providers. Prior to founding Essential Resilience in 2013, she worked in learning and organizational development for more than a decade at BAE Systems, one of the first large corporations to implement an 'inside-out' curriculum of leadership programs. Her doctoral dissertation describes the relationship between this type of leadership development and organizational success.



CHANTAL BURNS



Chantal is the founder of the Conscious Leadership School. She's an international leadership coach, consultant and facilitator with 25+ years' experience working with multinational organizations. She's author of the No.1 Bestselling book Instant Motivation: The surprising truth behind what really drives top performance. Chantal specializes in showing leaders and teams how to leverage mental clarity for high performance through an understanding of inside-out leadership. Her company was the first to take this pioneering education to Japan and led the first programs of of this kind with UK Social Care leaders.

VENUE

The Hotel Portsmouth <https://www.thehotelportsmouth.com/> is the perfect setting to relax, reflect and learn. Only an hour from Boston, Portsmouth, NH offers great shopping, restaurants, historic sites, and waterfront attractions.

PROGRAM FEE

\$1500 includes lodging for November 14th plus a 90 minute hour follow-up coaching session with Chantal or Cheryl

TO FIND OUT MORE OR BOOK YOUR PLACE

For US based leaders, contact Cheryl at cb@essentialresilience.com or call 603-321-7639

For UK or Europe based leaders, contact Chantal at info@consciousleadershipschool.com

VIEW OUR INTRODUCTORY VIDEO

<http://www.consciousleadershipschool.com/publicvideo/new-leadership-mindset-seminar-14th-15th-november-2017/>