

Mindfulness Leadership for Agile Organization and Digital Transformation



Latar Belakang:

The session introduces mindfulness concepts and their application at work, especially related to Leadership towards agile organization and digital transformation.

Mindfulness is prerequisite and critical catalyst for leaders to lead themselves before they lead others and to transform themselves, before they transform the organization.

Mindful qualities are embedded in each of us, yet it is rarely practiced and put into the context of self growth and organizational development.

Why you should attend?

- Better appreciate your being
- Understand Mindfulness science-based concept and practice.
- Learn about the role of mindfulness in leadership and collaboration, so that you can apply the practices into daily life.
- Be able to conduct basic mindfulness practice independently.

Participant will receive:

- Pre-session reading materials
- Sample of case studies
- Group Discussion
- Reading material

Workshop Outline:

- Mindfulness theory and concepts
- Mindfulness application on leadership and collaboration
- Mindfulness practices
- Description how the practices are related to daily activities
- Self-practice references

Target Audiences:

- All level leaders

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Experiential and Practical Learning Method



1. Prof Dave Ulrich (Honorary Advisor)
Speaker, Author, Professor, Thought Partner on HR, Leadership, and Organization at The RBL Group
2. Budi Soetjipto
Dosen Fakultas Ekonomi dan Bisnis Universitas Indonesia
3. Irvandi Ferizal
Ketua Forum of Human Capital Perbankan Indonesia (FHCPi) & HR Director of MayBank Indonesia
4. Swandajani Gunadi
Human Capital & Marketing Director at Adira Finance
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HC Expert & ICF Certified Coach
6. Dr. Paul Walsh
Program Director of BSC and Lean Six Sigma practice at Australian Graduate School of Management
7. Husein Samy
Country Manager HR of PT. IBM Indonesia
8. Suwardi Luis
CEO at ONE GML
9. Dr. Yunus Triyonggo
Chairman of GNIK Steering Committee
10. David Rogers
Global Guru on Digital Transformation
Faculty Director, Columbia Business School

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