



# CULTIVATING MINDFUL LEADERSHIP

**22-23 MARCH 2019**  
**Camilo José Cela University**  
**MADRID**

**Join us in Madrid for this 2 day workshop designed to help school leaders and aspiring school leaders cultivate the skills, knowledge, and dispositions necessary to develop an effective and sustainable approach to leading in complex and demanding school environments through fostering awareness, resilience and wellbeing in self and in others.**

Educational leaders have highly demanding careers and typically report their jobs are so chronically stressful that they are often unable to renew and recuperate sufficiently. Although research on school leaders highlights significant negative impacts of job related stress on physical health and performance, many feel ill-prepared for the conditions they face and burnout is all too common. It is imperative that we are able to build the awareness, commitment and strength to keep ourselves at the center of our efforts, as both people and leaders.

This workshop will introduce educational leaders to mindfulness-based practices that can improve professional competency and well-being through nurturing self-care, increasing self-awareness and developing more connected relationships. Established leaders can augment their skill set through developing this more mindful awareness while younger educators embarking on a career in leadership can begin to cultivate this crucial area - the overlap of personal and professional development - that will help foster the lifelong grounding and sensitivity essential to being an effective, self-sustaining school leader.



[MindWell Education](#) offers a global network of best practices and evidence-based approaches to social and emotional learning and mindfulness. Our team brings a strong background in and commitment to teaching, counseling, coaching, and caregiving through mindfulness-based practices. Our goal is to foster social and emotional balance in young people and those who support them.

**LEARN MORE / REGISTER HERE**

**ECIS NON-MEMBERS - €700.00**  
**ECIS MEMBERS - €495.00**