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## Maria Gonzalez

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These ways are exhibited by successful, mindful leaders. These leaders are present, aware, calm, focused, clear, equanimous, positive, compassionate and impeccable. However, before increasing effectiveness in these ways of being, Ms. Gonzalez points out that we need to strengthen our ability to be mindful through meditation and the application ...

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What is Mindful Leadership? The single most important factor in being a successful leader is to “know oneself.” Not in some “new agey” way, but to truly understand enough about our mind, our reactivity, our “filters” to be able to use that information to make us more effective, more compassionate and more innovative.

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Mindfulness is a process of training the mind that anyone can follow, and Mindful Leadership provides simple techniques you can use anytime, anywhere, to improve yourself as a leader. Beginning with the simple act of being fully present, mindfulness opens up the 9 ways to become more effective in every aspect of life.

### **Argonauta Strategic Alliances Consulting**

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