

**Workshop - 2018**

**on**

**The Power of Mindful Leadership: Sustainable Development  
through Self Transformation**

**Organized by Joseph School of Business Studies,**

**in Collaboration with**

**Directorate of International Secretariat,**

**SHUATS, Allahabad (U.P.) India**

**8<sup>th</sup> & 9<sup>th</sup> June 2018**



**Sam Higginbottom University of  
Agriculture, Technology  
And Sciences**

**Allahabad - 211 007, U.P., INDIA**

**SHUATS**

**Established - 1910**

# Workshop - 2018

on

## The Power of Mindful Leadership: Sustainable Development through Self Transformation

Organized by Joseph School of Business Studies,  
in Collaboration with  
Directorate of International Secretariat,  
SHUATS, Allahabad (U.P.) India

Joseph School of Business Studies in collaboration with Directorate of International Secretariat, SHUATS will be organizing a two days workshop on **The Power of Mindful Leadership: Sustainable Development through Self Transformation** with the objective of inculcating leadership skills to enhance team productivity, enhance organizational efficiency. The resource person for the workshop will be **Dr. Friedhelm Boschert, Oikocredit Support Association Austria**. Dr. Friedhelm Boschert, is a world renowned and acclaimed leadership trainer, consultant and advisor. He is a manager with international management practices, long time meditation practices and comprehensive experience with cooperatives and financial institutions.

**Date** : 8<sup>th</sup> & 9<sup>th</sup> June 2018

**Time** : 9:00 A.M to 4:00 P.M.

**Venue** : Directorate of International Secretariat, SHUATS

**Total number of participants:** 30

### Overview

Leadership is the central and most important element of successful management teams. Good leadership often reflects not only in company performance but also in team morale. We are living at a time of great change and uncertainty where effective leadership is needed more than ever. Leaders are looking to mindfulness as a way of cultivating a set of skills to help them operate in the increasingly stressful and distracting environments in which they work. For many, mindfulness is a new concept that offers a stimulating and exciting change and professional development.

For many organizations the last decade has focused on demands to increase efficiency and downsizing the work force. For those who have stayed with the organizations and survived the constant change often experienced symptoms of burnout and stress.

This interactive workshop is designed to develop strategies and develop latest thinking from one of the leading practitioners in mindfulness and well-being. It aims to equip the participants with the awareness and potential to develop tools and techniques and develop awareness of their response to situations.

### Objectives of the workshop

After completion of this workshop, participants will be able to:

1. Defining mindfulness
2. basic principles of mindfulness
3. Benefits of becoming a mindful manager
4. Understanding the importance of purpose as a mindful leader
5. Identify the key skills of mindfulness and how to develop these
6. To identify the early signs of burnout and stress in yourself and others
7. Exploring the key themes of mindful practice and develop a mindful approach
8. Mindfulness based methods and procedure
9. Sustainable development through self transformation



## Who should Attend

Three days workshop on Mindful Leader is a relevant program designed to drive powerful insights that participants can apply to become better leaders and accelerate their careers. Completion of this course will help participants gain a deeper understanding of what leadership is all about and how to apply it to everyday life. This program also enables participants to build and lead winning teams, evaluating and overcoming leadership challenges.

The workshop is being organized with the objective of grooming young leaders in various and diverse areas of management, business and education. In this regard the workshop will be useful for the following:

- Corporate leaders
- Professionals/technocrats from industry and other areas
- Academicians
- Future leaders and Entrepreneurs
- Senior managers in private and public sector undertakings
- Business executives
- Students and research scholars

## Registration for the Workshop

Participants must register themselves for the workshop by filling in the registration form latest by 30th May, 2018 and paying the registration fees which is as follows:

Professionals/technocrats from industry and other areas	<b>Rs. 1500</b>
Self supporting teachers and Academicians	<b>Rs. 1000</b>
Students (UG and PG) and Research scholars	<b>Rs. 500</b>

Registration fees may be paid in cash or demand draft drawn in favour of SHUATS, Allahabad payable at Allahabad.

## Dr. Friedhelm Boschert



[www.mindful-solutions.de](http://www.mindful-solutions.de); LinkedIn; XING

Dr. Friedhelm Boschert has a vast and rich experience of teaching at some of the world's most reputed universities like; Fachhochschule Berlin – University of Applied Sciences, IMC FH Krems / University of Commerce, Hanoi, Ostfalia University Wolfsburg – University of Applied Sciences, and Vienna University of Economics and Business for more than two decades. His area of interest includes; Corporate Social Responsibility, Strategy and Corporate Culture, Leadership and Strategy, Mindful Organizations and Mindful Management, and Business Strategy.

He has served as manager, CEO, banker, meditation teacher, lecturer and has twenty years of leadership experience. He is a manager with international management practices, long time meditation practices and comprehensive experience with cooperatives.

He is presently associated with mindful-solutions which works with corporate and businesses to provide mindful coaching; the new approach to get focused, mindful organization; a new approach to get the team productive and creative and mindful finance; works on new business models and corporate culture for banks.

# ORGANISING COMMITTEE

## Organising Members

**Dr. Sneh P. Daniel**  
Assistant Professor  
JSBS, SHUATS, Allahabad

**Dr. Abhishek J. Frederick**  
Assistant Professor  
JSBS, SHUATS, Allahabad

**Ms. Ipshita Sahoo**  
Assistant Professor  
JSBS, SHUATS, Allahabad

**Ms. Regina John**  
Assistant Professor  
JSBS, SHUATS, Allahabad

## Coordinator

**Dr. Stephen Das**  
[Director]  
Directorate of International Education & Training  
SHUATS, Allahabad

**Dr. Shabana Mazhar**  
[HOD- Business Studies]  
Joseph School of Business Studies,  
SHUATS, Allahabad

## Organizing Secretary

**Dr. Amita Maxwell**  
[Assistant Professor]  
Joseph School of Business Studies  
SHUATS, Allahabad  
Mobile: +91 9889083511  
Email: amita.maxwell@shuats.edu.in

## Treasurer

**Mr. Shoaib Alam Siddiqui**  
[Assistant Professor]  
Joseph School of Business Studies  
SHUATS, Allahabad  
Mobile: +91 9412126025  
Email: siddiqui.shoaibalam@gmail.com

## Convener

**Prof. (Dr.) Imtiyaz Ahmad**  
Chairman  
Directorate of International Education and Training  
SHUATS, Allahabad



**Sam Higginbottom University of Agriculture,  
Technology And Sciences**

**Allahabad - 211007, U.P., INDIA**