

MINDFUL LEADERSHIP

Using Yoga and Mindfulness Techniques to Enhance Leadership

Skills in College Students

Purpose

Introduce a mindful leadership workshop using yoga, meditation, and mindfulness techniques to teach students how to deal with the stress they may face in the workforce.



"I learned how great it is to take a break and meditate to collect my thoughts, clear my mind, and reset my focus"

Future Plans

- Remind students to wear sportswear, bring yoga mats and a writing utensil.
- Use a large room, provide water and snacks, and rent/borrow yoga mats for students who don't own one.
- Communicate with the instructor the group's demographics and dynamics in advance.
- Dim lights.
- A high-quality microphone.

How it Works

The activity was led by a yogi and expert of mindfulness and well-being and consisted of six phases. The six phases were:

- **Body Scan:** To soothe the limbic system and controlling the mind and body.
- **Energy Check-In:** Students became familiar with their emotions.
- **Scale of Sensation:** A stress measurement.
- **Yoga Section:** Students learned the benefits of coming out of their comfort zone.
- **Hindrances:** Tendencies related to resistance were explained.
- **Wrap up:** Students assess their overall state after the Yoga and Mindfulness session.



Phase 2- Energy Check-In

Results

- Students took notes without being asked.
- Students remained participatory.
- Students wanted us to repeat the activity.



"Made me feel relaxed and I have taken her advice to do stretch in the morning to help with my day."

Costs

- The cost of the instructor for two hours was \$400, and the cost of the room was \$50.
- In addition, we spent a total of four hours in meetings coordinating the activity with the instructor.

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