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PAGE 1: Mapping mindfulness, empathy and compassion applications at a systems level across Australia

Q1: PROJECT TITLE Short title for your project

Mindful Leadership in the business sector

Q2: ORGANISATION Who are you? List the name of your company/school/hospital/NGO/government department/professional association/legal firm/etc.

WorkSmart Australia - a consultancy that teaches mindfulness and mindful leadership. I've written 3 books on the subject too.

Q3: DESCRIPTION & URL LINK What are you doing? Outline the aims and scope of your project, program or activity. Include URL link for more information.

www.mindfulleader.net

I have created what i think is the world's first formal "Mindful Leadership 360 assessment" based on the world's most researched leadership competencies and core mindfulness practices. I am measuring the links between leadership, mindfulness, engagement and mental health outcomes. I have around 450 leaders being assessed initially in some of the biggest corporations in the world with about 4000 observers. They are also being taken through intensive training in both mindfulness and mindful leadership based on my bestselling book - The Mindful Leader - Michael Bunting.

Q4: SUCCESS MEASURES How will you measure success? Describe the outcomes, value, or effectiveness of the project or activity. For example, changes in:- levels of bullying;- levels of medical errors;- organisational culture & practice; etc

Engagement scores based on global Great Place to Work benchmarks.
Mental health score improvement in both leaders and their direct reports.
Overall leadership effectiveness.

Q5: LIMITATIONS Any limitations? Provide details of any limitations in the activity, program or project. For example:- didn't seem to apply in particular circumstances;- a pilot project with limited reach; etc

Not many at the moment...I have more than enough people in the project, great research and content, and a credible long term brand and great clients.

Q6: RESEARCH & KNOWLEDGE TRANSFER Do you have research support? List any links to universities/NGOs/ Thought Leadership companies designing, researching or evaluating this activity or project. Is your activity funded through a research grant? Will your project be written up in a journal/book chapter or presented at a conference?

It will be presented at some stage. The initial findings will be available in August, and i hope to have done all the data analysis by September.

Q7: COLLABORATION & PARTNERSHIP REQUESTSHow can the Network support you? Are you seeking any alliances, research partnerships? For example:- find others working in the area that could offer a larger research investigation or analysis sample;- put out a call to share information in similar sectors/ situations for comparisons or comparative data;- request design, evaluation support for the activity, program, project.

Not sure...open to suggestions....would love to share my stuff through the network as i know there is a desperate need for a disciplined research based framework around Mindful Leadership (not just mindfulness interventions). I would of course LOVE to hear about other's research and be involved in the network. Thank you for this wonderful initiative!

Q8: IDEAS & INNOVATIONSDoes your project raise issues that Network members could assist with, or take up?Identify the spin-off questions that this activity or project is raising – for others to respond to, or take up – to engender wider discussions.As patterns across organisations start to emerge, and the Network develops, suggest new design elements to facilitate more pro-active innovations and collaborations.

Not sure...

Q9: CONTACTWho is the contact person? Offer a name from the organisation for people to directly speak to, or email.

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