



## Webinar on Mindfulness and People Management

**Speaker:**

Dr. Meera Uday  
Director - MU Consultants,  
Bengaluru

**Webinar Date:** 19.05.2021**Time:** 11 AM to 12 PM**Duration:** 60 minutes**Registration Fee (including GST):** Rs. 413/-**About Webinar:**

Mindful leadership is a leadership practice focused on cultivating very high levels of self-awareness, wisdom, and self-mastery, allowing a leader to bring his or her best self to all aspects of leadership and daily life, and to inspire greatness in others. Mindful leadership significantly improves both the “soft” and “hard” skills of emotional intelligence and business acumen.

The workplace can be a fast-paced, stressful environment. Is it possible to thrive, rather than flounder, in the work environment? The key may lie with mindfulness – gently noticing what is going on for us, in the present moment, without passing judgment. Mindfulness is an essential mind mapping tool to have better and effective People Management Skills and better relationship in the workplace for everyone across the hierarchy.

In this webinar, we will explore why mindful leadership is a must-have for leaders/Managers and offers an introduction to the practice of mindful leadership that will help us to be a more effective, mindful leader without having to add anything to our schedule.

**Webinar Coverage:**

- Overview of Mindfulness and its relevance
- Using Self-awareness for decision making activities.
- Understanding the benefits of Mindfulness in Leadership and its impact on Business Success, etc. with examples

**Speaker Profile:**

Dr. Meera Uday is a dedicated professional with an admirable experience of spanning 24+ years in Industry, Academics & Research and contributing towards the growth of Institutions. Contributing as a member of Advisory Board of Companies, she chaired many International conference Sessions and was invited as a Resource Person for various Leading Business Schools / Corporates. Dr. Meera Uday has presented and published around 36 empirical research papers in National and International Conferences/Journals of repute, received copyright related to her Doctoral Research with respect to Automobile Industry.

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