



MINDFUL LEADERSHIP

27-28 Oct 2018 | 9AM-5PM



ABOUT US

ANAKOT Asia creates a living force to sustain what matters to you, your team, your business and the world through training development programs. With a mission to empower, we help people achieve their true potential by sharing the message of compassionate leadership. We build mindful leaders and help people discover their inner entrepreneurial spirit through bridging the heart and mind to possibilities.



LEAD with Mindful

Mindfulness-based Leadership was first proposed in 2008 by Janice Marturano, a founder of Institute for Mindful Leadership. According to Marturano, “a mindful leader embodies leadership presence by cultivating focus, clarity, creativity, and compassion in the service of others.”

The world is transforming. And in Cambodia, rapid modernization and development adds to this change. It’s dizzying. How do we lead effectively in the time of such changes?

Mindfulness can dramatically improve our productivity. The teachings and practices of the old masters are directly applicable to the new environment, and the new style of management that’s emerging.

This two-day course guides participants to become **Effective Leaders** through various activities and exercises that are designed to heighten their **awareness**, bring closer to their workplace **habits of mindfulness** practice that enhance and nurture their innate ability to reflect, focus and **pay attention**, compassionately communicate with each other, and lead by **inspiration** rather than expectation.

PRACTICAL OUTCOMES:

Power of Meditation

Increase self-awareness

Stress Release

Increase Productivity

Enhance inner connected

Leading the change from within

Relationship building



OUR APPROACH

We apply an experiential learning model where participants are actively engaged in recreation and exercises that reinforce understanding, dialogue, and creativity. ANAKOT Asia creates a living force to sustain what matters to you, your team, your business, and the world through the experiential learning model. With the mission to build empathetic leaders, we help people to achieve their true potential by discovering their inner resources. We help people discover their inner entrepreneurial spirit through bridging the heart and mind to possibilities. ANAKOT Asia is a consortium professional trainers and coaches. The specialization includes training and coaching that is tailor-made to achieve measurable outcomes.

OUR PROGRAM

1. Mindful Leadership
2. អភិវឌ្ឍន៍ចិត្តដើម្បីប្រសិទ្ធភាពការងារ
3. Mindful Communication
4. Mindfulness for Wellbeing
5. Building Team Spirit

HOW WE WORK

We take a consultative approach to developing and delivering training, consulting, and coaching services to cultivate three hallmarks of leadership capacities for being **empathetic**, **inspirational**, and **transformational**.

OUR CLIENTS & PARTNERS



2-DAY TRAINING SCHEDULE

Our highly interactive and experiential 2-Day Program

Mindfulness can dramatically improve our productivity. The teachings and practices of the old masters are applicable to the new environment, and the new style of management that's emerging. In this two-day curriculum, you will learn the Open Heart, Open Mind, and Open Will framework of Mindful Leadership, as outlined below.

Day 1	Day 2
<p>9:00AM Opening Ceremony: setting the expectations, guidelines and “open circle” practices</p> <hr/> <p>OPEN HEART: awareness, self-reflection, listening. “Pathway to growth starts with awareness.”</p> <hr/> <p>Mindfulness & Meditation practice introduction Activity: Guided Reflection Activity: Chocolate Meditation</p> <hr/> <p>Debrief and reflection: What is Mindful Leadership? How do you lead with mindfulness?</p>	<p>9:00AM Morning Rituals Activity: reflection on goals and vision</p> <hr/> <p>OPEN WILL: Work-life integration Pomodoro Method of focused sessions Prioritization</p> <hr/> <p>Activity: Marshmallow Challenge Leadership Colors-personality test</p> <hr/> <p>Debrief and reflection: How does Mindful Leadership contribute to effectiveness and productivity?</p>
<p>12:00 Mindful Lunch</p> <hr/> <p>Meditation exercise and energizer</p> <hr/> <p>OPEN MIND: How do you lead with emotional intelligence, paying attention, creativity? Focus on leadership skills where mindful communication lead to effectiveness of a team</p> <hr/> <p>Activity: “Yes, and...” Activity: Mindful Conversation Activity: Wireless Communication</p>	<p>12:00 Mindful Lunch</p> <hr/> <p>Meditation exercise and energizer</p> <hr/> <p>Activity: Assembly—a simulated game of resourcefulness, risk and rewards (role playing, task prioritization, communication, leadership styles)</p> <hr/> <p>Debrief/Reflection Final Challenge: Giant Tarp</p>
<p>5:00PM Recap and Debrief. Closing circle practice</p>	<p>5:00PM Closing Ceremony (Group photo)</p>



OUR LEAD FACILITATOR



NOEM Chhunny

Co-founder & Lead trainer
ANAKOT Asia Academy

NOEM Chhunny has over ten years of experience in leadership, group dynamics, public speaking, training and motivational speaking. He prides himself on providing relevant and interactive learning forums where participants feel both comfortable to share, yet challenged to question their existing assumptions. He adds-value to participants' learning by weaving personal wellness and balance into every training program he offers. He has led vipassana retreats at International Meditation Center, Chiang Mai for years, and has travelled around South Asia to share the Buddha's teaching on human development. He was the co-founder of Smallworld Cambodia, a collaborative workspace for early startups and budding entrepreneurs, and a former Co-Director of Possibilities World a training company delivering Leadership Development and Management solutions. Currently, he is a lead trainer at Impact Hub Phnom Penh, and co-founder & lead trainer of ANAKOT Asia Academy.



Akira MORITA

Chief Consultant
ANAKOT Asia Academy

Akira MORITA is a founder of Design Kompany, design and strategy consultancy with clients in North America, Europe and Asia. DK has helped hundreds of fellow small businesses and organizations infuse creativity in their work so they can innovate and grow. He is a passionate advocate of open collaborations between sectors and disciplines. His current involvement with Cambodian design and development sectors include: consultancy at Development Innovations, a USAID-funded initiative; mentorship at Impact HUB Phnom Penh, a social enterprise venture; and founding Design Phnom Penh, a local initiative of Cambodia's design curious and practitioners.

His experience working with clients large and small over his 10- year career has trained him to be an effective communicator of methods, principles and practice of human centered design, strategic planning and creative thinking. He holds a M.S. in Parks, Recreation and Tourism Management from North Carolina State University.

Course fee: \$299 | Early Bird: \$149 (before 15th October,2018)

The Fee Includes: Lunches, Refreshments, Materials and Certificate of Participation

Venue: The Great Duke Hotel

Language: Khmer & English

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