

Leading with the Intelligent Heart

A program from the Heartfulness Institute to promote Efficiency, Effectiveness and Excellence in managers and leaders

About the program

Leading with the Intelligent Heart is a 10-week program for managers and leaders with the aim of helping them develop inner centredness and improve efficiency.

This program fosters inner change and transformation through the experiential practices of Heartfulness such as Relaxation, Meditation and Mental Detox.

Each module is designed for 60 minutes a week and combines practice-science-leadership, allowing time for introspection & reflection. Practical homework will help people form new micro-habits. Modules will be delivered by certified trainers of the Heartfulness Institute.

Program Objectives

This program helps participants learn experiential techniques and micro-habits that can be integrated into their lives to support ongoing transformation.

The objectives of this program are:

Create leaders who are:

- Internally centered
- Capable of balancing various facets of life
- Continuously improving themselves

Over time, create organizations that are:

- Efficient
- Effective
- Capable of positive breakthrough innovation

Program Content

The preparatory phase for this program includes three introductory sessions to learn the techniques of Heartfulness. Each session is for 60 minutes, and is ideally scheduled on consecutive days.



← currently on offer → ← currently under development →

Impact Measurement

This program leverages 'Perceived Stress Score', an industry standard scale for measurement of stress. Surveys are taken before, mid-point and on completion to measure the true impact of the program on the participants over a 10-week period.

Our Ask

- One senior management 'sponsor' for the program
- Nomination of 25-35 interested participants per batch
- Commitment to participate regularly and try the homework techniques

Testimonials

During meditation, my heart rate was 56 bpm. That is the lowest I've seen since owning this smart watch a month ago. That's even lower than when I'm sleeping. I thought that was pretty cool!

Mary Jane Anders

It has helped me to better connect with people and in making me relaxed, calm and refreshed... these sessions have definitely helped in personal and professional well-being.

Tonish Khaneja

It's like another level of space you can go to and it provides you a kind of detachment to restart calmer, but with more energy... It helps me also a lot in some meetings, potential stressful.

Veronique Walczak

I am delighted with the feedback that people are learning something new and are able to leverage the guided sessions to create more calm and balance in their lives and be more centered at work and home

Susan Kelliher,
SVP, HR, Chemours