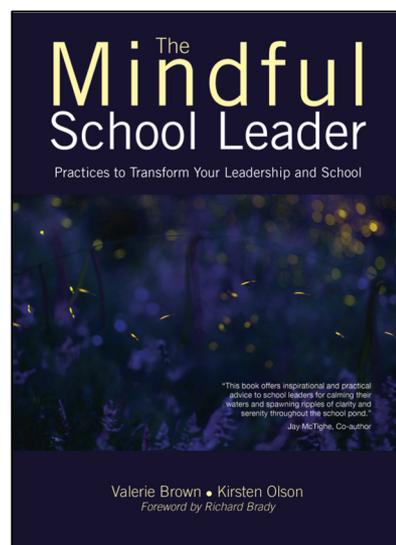


# The Mindful School Leader: Practices to Transform Your Leadership and School

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## Summary

If you think you don't have time for mindfulness, think again. This handbook was written with school leaders in mind – your responsibilities, your stress and your schedule. When you add mindfulness to your day, bit by bit, you'll become a more effective leader and a more positive force for your staff and students.

With the help of this inspirational yet practical guide, you'll start fitting pieces of practice into your busy home and work life, whether you are sitting in your office or walking down the corridor. Features include:

- real-life practices of mindful school leaders
- practice exercises to try right away
- guidance so you know if you are “doing it right”
- hard-to-find resources, including mindfulness apps

The effectiveness of mindfulness practices on students and teachers has been demonstrated now by hundred of empirical studies and supported by many organisations that specialise in helping teachers and students bring mindfulness practices to the classroom and other learning environments.

Mindful school leaders are better at managing meetings, responding creatively to complex situations and achieving resilience at work and at home. Take the first steps to transform your life – and your school.

## Supporting Resources

- *The Mindful Teacher* (TCP8936)
- *Mindful Leadership: A Brain-Based Framework, 2nd Edition* (CO8494)
- *Mirror Images: New Reflections on Teacher Leadership* (CO1135)
- *Leadership 180: Daily Meditations on School Leadership* (SOT6231)

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