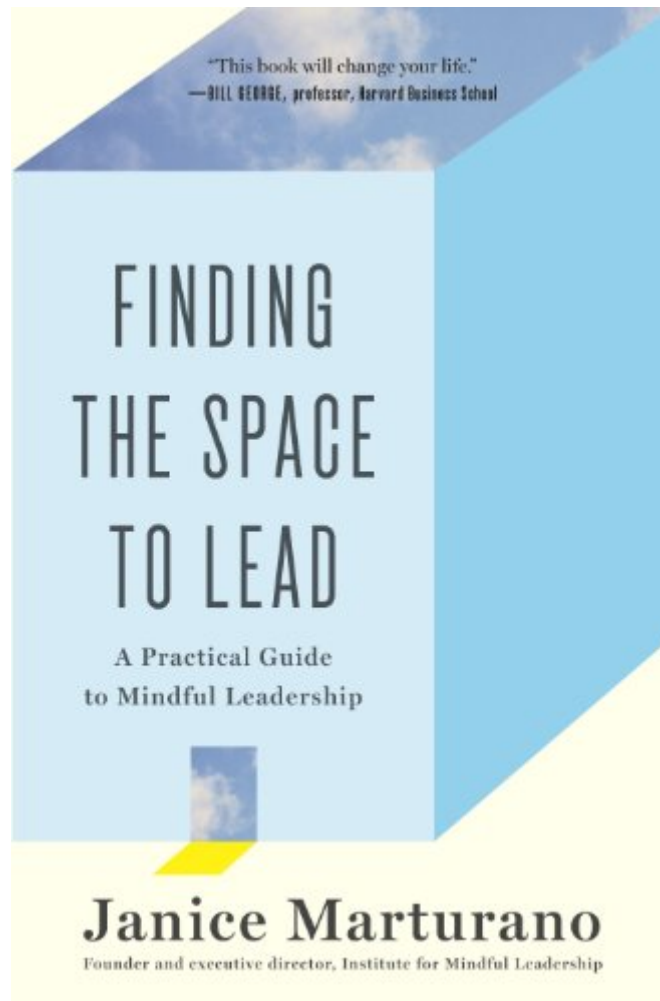


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# Finding The Space To Lead: A Practical Guide To Mindful Leadership



## Synopsis

The complexity and relentless pace of our world places exceptional demands on leaders today. They work incredibly hard and yet feel that they are not meeting their own expectations of excellence. They feel disconnected from their own values and overburdened. By the thousands, they seek out books on leadership skills, time management, and "getting things done," but the techniques these volumes offer, useful as they are, don't often don't speak to the leader's fundamental sense that something is missing. Janice Marturano, a senior executive with decades of experience in Fortune 500 corporations, explains how Mindful Leadership training integrates the practice of mindfulness-meditation and self-awareness-with the practical tools of management, enabling leaders to bring a wider range of their capacities to the challenges at hand. We already know from scientific research that mindfulness practices enhance mental health and improve clarity and focus. FINDING THE SPACE shows how this training has specific value for leaders. This is not a new "leadership system" to add to the burden of already overworked people. It brings the concepts of mindfulness into the everyday life of anyone in a leadership role, through specific exercises that address practical issues-the calendar, schedule, phone usage, meetings, to-do list, and strategic planning, as well as interpersonal challenges such as listening and working with difficult colleagues. Leaders who have experienced mindfulness training report that it provides a "transformative experience" with significant improvements in innovation, self-awareness, listening, and making better decisions. In FINDING THE SPACE TO LEAD, Marturano masterfully lays out her proven techniques for promoting mindfulness in the busy executive's working life.

## Book Information

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## Customer Reviews

Having graduated from Columbia University with a Doctorate in Adult Learning and Leadership and a Masters in Organizational Psychology (with over 15 years of organizational consulting experience) and now researching/teaching Leadership Development at a graduate level, I have always been perplexed that so many leadership books promise success or imply failure should readers fail to heed concrete action steps. That is to say, many leadership books command detailed things leaders should do. These types of books do provide helpful food for thought, but regretfully, prescribing a right way to "do leadership" has become the sine qua non for most mainstream tomes. In fact, leadership is an area that has become so saturated with prescriptions that, as you may already be aware, innumerable contradictions arise in their assertions. Bona fide students of leadership (i.e. those who "do" and "reflect upon" leading) are left scratching their heads. We thirst for something greater! Enter "Finding the Space to Lead" by Janice Marturano. What would happen if leaders gently made themselves available to something that already exists: a more spacious sense of awareness, clarity, and insight, present in every unpredictable situation and unresolved conflict? How would our experience transform if we located this sort of mental elbow-room? Inviting ourselves to awaken in such a way is precisely what Janice Marturano's book does, in an elegant, relatable, and reliable fashion. "Finding the Space to Lead" will surely be meaningful to anyone who yearns to connect sincerely with others by also connecting more deeply with themselves. This book is a qualified inspiration to listen to our hearts and minds in all moments.

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