

THE EXECUTIVE COACHING UNIVERSITY

The Global Leader in Executive Coaching and Mindfulness Training™.



Mindful Leader Movement™ Roadmap



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Certified Mindful Organization™

- ❑ Organizations that adopt mindfulness as a key tenet of their daily practices and culture
- ❑ Organizations agree to the principals outlined by the International Mindfulness Federation (IMF)
- ❑ CMOs are recognized as world class organizations in mindfulness practices

Certified Mindful Leader™

- ❑ Apex level of mindfulness practices, ability to lead and teach mindfulness practices in the workplace
- ❑ This is delivered in person and virtually over a 3 month period
- ❑ Areas of focus include meditation, group coaching, and leadership development

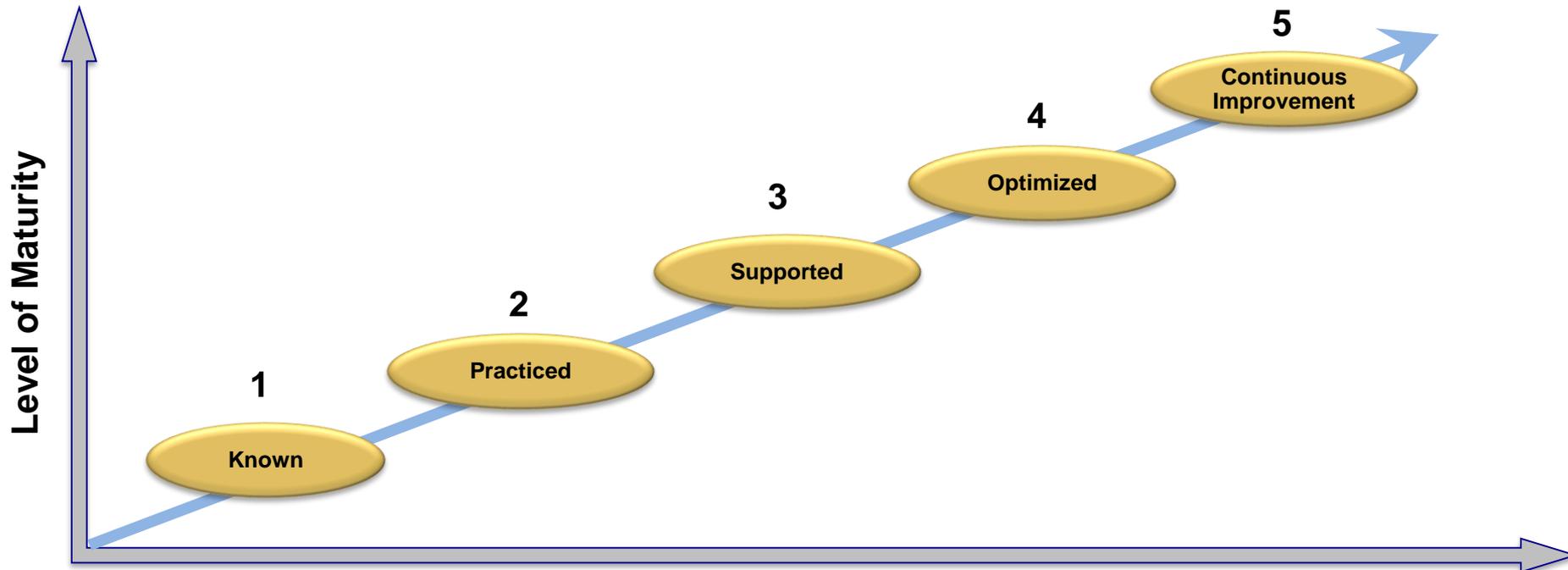
Mindful Mentor™

- ❑ Intermediate level mindfulness practices, and introduction to mindful coaching
- ❑ This is delivered in person and virtually over a 6 month period
- ❑ Areas of focus include, meditation, coaching, leadership, and compassion

Mindful Leader™

- ❑ Introduction to the basics of mindfulness in the workplace
- ❑ This is delivered through a half day off-site workshop
- ❑ Areas of focus include, meditation, communication, listening, and gratitude

Mindful Movement Maturity Model™



| # | Maturity Level | Mindfulness Practices (M.P.) Characteristics |
|---|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Known | Basics understood by the organization, only practiced ad-hoc as individuals |
| 2 | Practiced | Recognized by the organization, supported, but not controlled or structured, inconsistently practiced |
| 3 | Supported | Sustainably scaled and resourced practices consistently delivered and measured by the organization |
| 4 | Optimized | Fully integrated into daily activities, M.P. is measured as a KPI, practices evolve with maturity of organization |
| 5 | Continuous Improvement | Best in class, consistent application of M.P., continuous practice improvement driven by the organization through quantitative feedback and new approaches |