

## Mindfulness and Leadership- Differences in Management and Leadership Qualities

Low Mindfulness/High Management

High Mindfulness and Leadership

<p>Isolated practice</p> <p>More focus on managerial aspects with less on connection, interaction</p> <p>Focus on results-orientation with less involvement with people in the organization</p> <p>Emphasis on analysis, judgment</p>	<p>Compassion, listening to hear, being fully present in the moment, letting go of issues that need to be forgotten, responding instead of reacting to issues, creating spaciousness for people to connect, be, and work, cultivating the culture that allows for compassionate human interactions for people to collaborate and work. Influences others through mindful approach</p>
<p>Reaction, judgment, distracted and preoccupied, low level listening, clutter of ideas; emphasis of analysis, judgment of people, concepts, and ideas</p>	<p>High in mindfulness qualities that are not applied in the workplace- separation of the tendencies to enact and apply mindfulness qualities at work. Instead, all of the affective qualities that people observe away from the job do not appear at work. Low in management orientation.</p>

Low Mindfulness and Leadership

High Mindfulness and Low Management

↑□□□□Leadership

□→ Mindfulness