|  |
| --- |
| ABOUTMATT TENNEYMatt Tenney envisions a world in which all leaders and workplace cultures consistently make a positive impact on the wellbeing and growth of team members.He is the author of three leadership books, including [*Inspire Greatness: How to Motivate Employees with a Simple, Repeatable, Scalable Process*](https://www.penguinrandomhouse.com/books/743118/inspire-greatness-by-matt-tenney/), and his inspiring [TED talk](https://www.ted.com/talks/matt_tenney_why_the_best_leaders_make_love_the_top_priority_jan_2019) has been viewed over 1 million times.Since 2014, Matt has delivered programs that help develop world-class leaders, who improve engagement, retention, and performance, to hundreds of clients, including companies like Salesforce, T. Rowe Price, Roche, Marriott, Keller Williams, United Airlines, L’Oreal, Canon, and Signet Jewelers. |





LEADERCAMP

## THE MAGIC OF MINDFUL SELF-AWARENESS

### HOW TO SYSTEMATICALLY IMPROVE EMOTIONAL INTELLIGENCE AND WELLBEING

WITH

MATT TENNEY

FEBRUARY 19, 2025

Self-awareness is arguably the most important professional skill you can develop, especially for leadership effectiveness. It is the core competency of emotional intelligence and the foundation for good decision making, team building, and productivity. In this inspiring yet highly practical program, bestselling author Matt Tenney will introduce you to the magic of mindful self-awareness through his journey of going from prisoner, to monk, to social entrepreneur.

You’ll learn how to continuously improve your self-awareness in a systematic way without adding anything to your schedule, and how to become free from the unhelpful thoughts and emotions that can reduce productivity and degrade relationships.

Join Matt Tenney’s upcoming *The Magic of Mindful Self-Awareness* Leadercamp—you’ll walk away refreshed and feeling a deep sense of peace, like you just had a vacation.

PARTICIPANTS WILL LEARN:

* How to systematically improve your self-awareness and other emotional intelligence competencies—without adding to your schedule.
* How to improve productivity by being free from anxiety and distracting, unwanted thoughts.
* How to improve creativity by clearing your mind.
* How to improve decision making skills by overcoming cognitive bias.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about Matt Tenney, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you’ve learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***THE MAGIC OF MINDFUL SELF-AWARENESS: HOW TO SYSTEMATICALLY IMPROVE EMOTIONAL INTELLIGENCE AND WELLBEING***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, click on the Zoom link for the Leadercamp so that it’s ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

What did you learn about the importance of self-awareness as a professional skill?

How can developing self-awareness improve your leadership effectiveness?

What specific strategies did Matt Tenney share for improving self-awareness without adding anything to your schedule?

How might being free from anxiety and distracting thoughts improve your productivity?

How can overcoming cognitive bias improve your decision-making skills?

What was the most inspiring or practical takeaway from the Leadercamp for you personally?