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LEADING ABOVE THE LINE – A MINDFUL EDGE FOR CALM, CLARITY, AND CHOICE



21 July 2026 (Tuesday)
9:30am - 5:30pm
CPD Hours: 7



Member
HK\$2,400

New member
HK\$3,645



Cantonese and
Mandarin

In a world of constant change and uncertainty, stress pulls even strong leaders “below the line” – into reactive habits and narrow judgment. This transformative workshop blends the Global Leadership Foundation’s Leadership Model with mindfulness practices from Buddhist tradition to help participants lead from calm, clarity, and choice in stressful situations.

KEY TAKEAWAYS

- ✔ **Lead with Flexibility:** Identify your signature leadership strength and its hidden risks under pressure
- ✔ **Master Emotional Triggers:** Understand your emotional triggers to reduce reactive behaviour
- ✔ **Apply Mindfulness Practices:** Build habits that keep you calm and clear before responding
- ✔ **Lead with Empathy:** Support team members with greater empathy while avoiding the trap of heroic over-functioning

WORKSHOP HIGHLIGHTS

- **Leadership Trait Continuum:** Self-assessment to identify your signature trait and its reactive shadow
- **Emotional Trigger Anatomy:** Reflection on emotional triggers and how they shape reactions and consequences
- **Mindfulness Practices:** Guided exercises for cultivating a calm, clear, and wise mind
- **Thought-Distancing:** Tool to quiet unhelpful self-talk and reclaim choice in the moment
- **Empathy & Compassion:** Guided exercises to strengthen empathy and compassion
- **Habit-Building Practice:** Tool to translate insights into sustainable daily habits

Speaker **Iris FU**

- 15+ years of cross-field experience in business management, consulting, and Buddhist counselling
- Trainer, Centre for Buddhist Counselling and Meditation Guidance (HKU)
- Certified Coach, Erickson Professional Coach Certification
- Master of Buddhist Counselling (University of Hong Kong)

Speaker **Kelvin NG**

- 30+ years of cross-industry experience in leadership & organisational development
- 10+ years of experience in mindfulness practice
- Certified Trainer, ATD, Global Leadership Foundation™, ENS International, MBTI, Hogan
- Master Degree in HRM & Training (Leicester University)

