



THE WORK STARTS WITHIN

The Mindful Leader

These workshops equip leaders with presence, self-awareness, and emotional regulation skills so they can show up stronger for themselves, their teams, and their mission.

HELLO MINDFUL YOU

www.hellomindfuleyou.com



WORKSHOP OFFERINGS

01 SUSTAINABLE LEADERSHIP: ENERGY, RESILIENCE & FOCUS

A practical session on leading without burnout. Learn how to manage energy, set boundaries, and create sustainable habits that support long-term performance, without sacrificing well-being.

02 THE POWER OF SELF- AWARENESS IN LEADERSHIP

Discover how greater self-awareness leads to stronger decisions, clearer communication, and deeper impact. Leaders will walk away with tools to identify blind spots and realign with purpose.

03 CONFIDENCE & COMPASSION IN TIMES OF UNCERTAINTY

Leadership in uncertainty requires more than decisiveness, it requires inner steadiness. This session helps leaders strengthen self-trust, develop emotional resilience, and lead with clarity and compassion, even in high-pressure moments.

04 LEADING WITH EMOTIONAL AGILITY & PRESENCE

Replace reactivity with responsiveness. Leaders will learn how to stay centered under pressure, regulate emotions, and show up with grounded presence, even in fast-moving environments.



Format & Investment

INTERACTIVE WORKSHOP
IN-PERSON OR VIRTUAL OPTIONS. INCLUDES PARTICIPANT
MATERIALS PLUS FOLLOW-UP RESOURCES.

Rates: Starting at \$1,500

Travel fees apply for locations outside the local area. Bundle pricing available for multiple workshops.

1

REAL-WORLD TOOLS

Practical strategies
you can apply
immediately.

2

GUIDED REFLECTION

Space to pause,
process, and gain
clarity.

3

ACTIONABLE STEPS

Resources to help
the learning stick
beyond the session.

Stay
connected!



the future of leadership 
is *mindful* and well

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