



# Workshop Proposal: Mindful Leadership

**Fabio da Silva Fernandes**

**Podcaster | Speaker | Writer | Mindfulness | Reiki | Resilience Cultivation**



“Whether you realize it or not, you are resilient.  
It’s your birthright.  
As you take in your next breath, know this truth.”

**Fabio da Silva Fernandes**

**Podcaster**

**The Stumbling Spirit**

# About me

For most of my professional career, I worked in the tech industry as a customer support leader. Almost a decade ago, I began my mindfulness journey, incorporating the practice of presence into my life on a regular basis. In my pursuit of personal wellness, I attained several mindfulness certifications. In 2018, I started my Reiki training and have since become a certified Reiki Master and Teacher of this holistic modality. In 2021, I left my career in tech to launch my own wellness business called Resting Bell Wellness Inc., which is now branded under the name of my podcast, The Stumbling Spirit.

# Purpose & Value

The daily routines of the corporate workforce changed overnight when Covid hit. Even though many employees now log in from home, they are often working harder and longer hours. At the same time that staff try to meet higher expectations on the job, they also want to strike the right balance with their home responsibilities. This can be overwhelming and stressful for personnel, impacting their overall wellness and ability to perform. It takes a mindful leader to genuinely connect with their team, boost morale, and cultivate a healthy work culture.

My workshop aims to:

- **Introduce Mindfulness and Mindful Leadership concepts**
- **Offer practical tools to be more effective as a leader**
- **Inspire leaders to be their true selves in the workplace**
- **Show how to connect with staff and improve employee engagement**
- **Demonstrate how to improve overall wellness on the job and in personal life**

I will draw upon my experiences as a former customer support leader in the tech industry and share insights and strategies to be a mindful leader. This proposal is a sampling of what you might expect from my workshop.

# What is Mindfulness?

**Mindfulness** is the practice of compassionate presence. From this standpoint, we embody the attitudes of non-judgement and loving-kindness to notice what is happening in the here and now, and to understand what we might need at any given moment. Since it is a practice, we approach it with intention, purpose and consistency.

Through mindfulness, we:

- Direct our awareness in a deliberate way to see what arises
- Focus and re-focus our attention to our body, senses, imagination, environment etc.
- Surrender to the present moment
- Approach ourselves, others and situations with compassion
- Soften the edges of our suffering

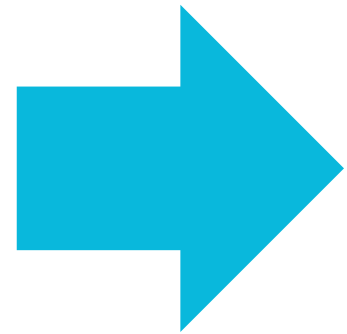
While it can bring up uncomfortable thoughts and emotions, benefits include: relaxation, less stress & tension, reduced anxiety, increased compassion, peace-of-mind, self-regulation etc.

# What is Mindful Leadership?

**Mindful Leadership** is compassionate leadership that is grounded in awareness of the present moment. This means having the flexibility and humility to change directions when needed, communicating effectively and honestly with team members, and staying connected with their team – addressing their needs and inspiring them to learn and grow.

Anyone can have leadership qualities regardless of whether they have a management role. However, leaders in the corporate world often have influence over functions, processes, projects, people, teams, clients, sales, business targets and ultimately final outcomes.

# Be a leader who fosters



01

## **Mindfulness and compassion**

Important for personal and professional wellness.

02

## **Trust and collaboration**

Essential to support autonomy, teamwork and a healthy work culture.

03

## **Mindful communication**

Build more trust by encouraging honest and respectful discussions.

04

## **A thriving team culture**

Maintain a productive, engaging and rewarding work environment that is sustainable

# Workshop Topics

These are some of the topics that will be covered during the Mindful Leadership Workshop.

**What is  
Mindfulness?**

**Mindful  
Leadership**

**Helpful  
Habits**

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**Trust &  
Collaboration**

**Importance of  
Compassion**

**Mindfulness  
vs. Bottomline**

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**Reframing  
Problems**

**What are  
Values?**

**Setting  
Goals**

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**Effective  
Communication**

**Speaking the  
Mindful Truth**

**Mindfulness  
in Action**

# This workshop is...

I will work with clients to ensure that the Mindful Leadership Workshop meets the needs of the organization.



## 1 Customizable

- In duration and content



## 2 Flexible

- In delivery, in-person or virtual



## 3 Relevant

- to high-stress work environments



## 4 Transformational

- In personal and professional growth

# Workshop Fee

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Here is a high-level breakdown of the expected areas for which fees could be applied for the workshop. Cost considerations are based on time and materials.

Below are some cost considerations :

- **In-person vs. Online** – Fees differ between a live in-person workshop and one done virtually.
- **Preparation** – The time required to prepare and customize the workshop.
- **Content** – Creation of documentation, presentation etc.
- **Travel** – Including airfare, ground transportation, accommodation and meals for in-person workshop.
- **Duration** – The time allotment for the workshop itself (i.e. number of days/weeks).
- **Number of People** – Number of attendees at in-person or online workshop.
- **Consultation** – Any pre or post workshop consultation for groups or organizations.

“One of my most impactful career moments was when Fabio ran a Mindful Leadership Workshop for my management team... This workshop changed me, not only in how I lead but how I understand myself...He helped us understand the principles of mindful leadership and challenged us through practical sessions...His deep understanding of the content and his approach made this workshop extremely enjoyable but at the same time a great learning experience for me and my team. I highly recommend it.”

**– Shawn de Beer, Support Leader  
Fintech Industry  
London, UK**

# Contact me for more info.

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+ 1 647 218 4322

info@restingbellwellness.com

<https://www.thestumblingspirit.com>

Instagram: @thestumblingspirit

Bluesky: @thestumblingspirit.bsky.social

# Gratitude!

Thank you for considering me to present to your group or organization.

