



 THE GUINEA GROUP

LEADERSHIP MINDFULNESS

LEADERSHIP TRAINING PROGRAM

NAME:

DATE:

THE 4 OUTCOMES

- 01** DISC Review and Refresh
- 02** Team Building Fun and Functional
- 03** Mindfulness Present and Peaceful
- 04** Breathing Calm and Connected

NOTES / REFLECTION

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WORKSHOP SLIDES

FIRST THINGS FIRST...

01

ABOUT YOU

Favourite Leader?
Why?
Favourite Movie?

02

ABOUT ME

Resilience Coach
Married 28 years
Triathlete

03

ABOUT US

Open
Honest
Safe

IN AN EMERGENCY
TRADITIONAL OWNERS
MENTALLY HEALTHY



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BEFORE WE START...

8 10 12 2

Break Times

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NOTES / REFLECTION

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Expectations

We don't have to do this slide today as there are no expectations!

Winner!

The Plan is to have no Plan ... the goal is to have no goal ...



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1 DISC

*"Knowing others is intelligence; knowing yourself is true wisdom."
- Lao Tzu*

- What's happened since ...
- The DISC Overview
- Famous DISC Profiles ...

NOTES / REFLECTION

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WORKSHOP SLIDES

What's happened since?

- You did your DISC
- We were together last in ... 2021
- You leant into team development



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The DISC Overview



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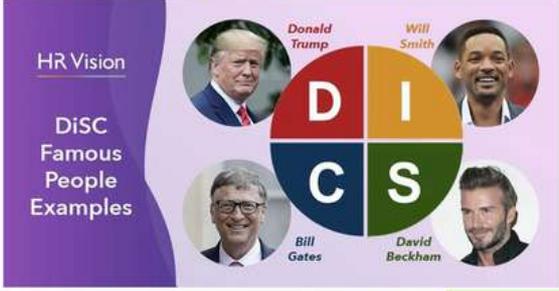
NOTES / REFLECTION

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Famous DISC Profiles



HR Vision

DiSC Famous People Examples

<https://www.hrskinevent.com/content/hub/disc-famous-people-examples/>

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2 Team Building

“Coming together is a beginning. Keeping together is progress. Working together is success.”
- Henry Ford

- DISC Overview
- What's happened since?
- Spaghetti Tower

NOTES / REFLECTION

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WORKSHOP SLIDES

— Team Building Fundamentals

Connection
Trust
Peak



11

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— *Slowing down to speed up*

“Speed can be the enemy of safety, but the ally of production. Safety and production should not be an either/or proposition. The goal, every day, should be safe production. Safety and production intertwined, integrated.

Another perceived problem with slowing down in the eyes of many is the baggage the term carries. It’s easy to equate slowing down with stagnation, obstruction, delay, slackening, inactivity, downshifting, downtime, tying up or holding up work.

Persuading, influencing or coaching an organization to slow down can overcome resistance by emphasizing that we are **slowing down with purpose**. Slowing down cannot be an empty edict or a top-down command, ordered without a reason. **Slowing down has a purpose, an objective.**”

12

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NOTES / REFLECTION

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— Activity

The Rules ...



13

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— Team Building Activity – Spaghetti Tower

For: Creative Problem Solving & Collaboration Skills
Link: There are times when you need to work together to solve problems

Required: 1 bag of uncooked spaghetti, 1 roll of sticky tape & 1 bag of marshmallows for each team

Instructions: Using just these supplies, which team can build the tallest tower?
 Note that there must be a full marshmallow at the very top of the spaghetti tower, and the whole structure has to stand on its own (that means no hands or other objects supporting it!) for as long as judging takes!!!

Duration: 10 minutes for planning
 30 minutes for building
 20 minutes for debriefing



14

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NOTES / REFLECTION

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WORKSHOP SLIDES



“We are all mindful to one degree or another, moment by moment. It is an inherent human capacity.”
- Kabat-Zinn

- The Blind Spot
- Needle in a haystack
- The yin and yang of life

3 Mindfulness

The blind spot

BLIND SPOT

Lens
Retina
Optic nerve

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NOTES / REFLECTION

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Haystack

Thread	Injection	Hurt	Sharp
Sewing	Pain	Eye	Picked
Pin	Thimble	Point	

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The yin and yang of life

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy. “It is a terrible fight, and it is between two wolves. One is evil (**unsafe**) – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good (**safe**) – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “**The one you feed.**”

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NOTES / REFLECTION

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WORKSHOP SLIDES

— *The yin and yang of your senses* 19



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— *Thinking fast and slow* 20

“Thinking, Fast and Slow is a 2011 popular science book by psychologist Daniel Kahneman. The book’s main thesis is a differentiation between two modes of thought: **“System 1”** is fast, instinctive and emotional; **“System 2”** is slower, more deliberative, and more logical.”

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NOTES / REFLECTION

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— **Talk in emotions** 21

Get comfortable telling people how things make you feel ...

Express your emotions



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4 Breathing

“Inhale the future, exhale the past.”
- Author Unknown

- Breathe, do, check, act
- Slow down to speed up
- Breathing works

NOTES / REFLECTION

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WORKSHOP SLIDES

Breathe, Do, Check, Act

Changing it up

Change plan to breathe



23

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Breathing Techniques



Change Your Breath, Change Your Life | Lucas Rockwood | TEDxBarcelona

TEDx TEDx Talks 22.5M subscribers

<https://www.youtube.com/watch?v=01D0AR8b0d4>

24

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NOTES / REFLECTION

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Slow down to speed up

1 control

- dog
- chair
- boat
- window
- block
- fan
- wheel
- tray
- bottle
- fence

25

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Slow down to speed up

1 control

- dog
- chair
- boat
- window
- block
- fan
- wheel
- tray
- bottle
- fence

2 compatible

- red
- yellow
- green
- blue
- red
- blue
- yellow
- green
- blue
- red

26

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NOTES / REFLECTION

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WORKSHOP SLIDES

Slow down to speed up 27

3 incompatible

red
yellow
green
blue
red
blue
yellow
green
blue
red

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Breathing Works 28



JOHNATHAN THURSTON
REXONA PRESSURE ATHLETE

- Rexona Pressure Athletes -

Channel Nine has utilised new technology throughout the series including a heart-rate monitor known as the Telstra tracker which shows how Thurston was able to slow down his heart rate by six per cent from a high of 170 beats per minute to a low of 161 just before he kicked the ball.

 <https://thguineagroup.com.au/2016/08/24/pressure-athlete-johnathan-thurston/>
<https://thguineagroup.com.au/2016/08/24/pressure-athlete-johnathan-thurston/>

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NOTES / REFLECTION

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Activity 29

Let's:

Meditate



Welcome to The Daily Calm.

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Activity 30

In your Workbook:

What have you experienced?



Lock it in

Can't be unwritten

Make it happen

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NOTES / REFLECTION

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WORKSHOP SLIDES

Feedback – In one word



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The great leadership philosophers



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NOTES / REFLECTION

Area for notes and reflection with horizontal dotted lines.



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ANY QUESTIONS? WE'RE HERE TO HELP

We exist to support leaders to upgrade their mindset, upskill their leadership, and uplift their teams, to create psychologically safe and high performing teams!

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