



Finding the Space to Lead: A Practical Guide to Mindful Leadership

Janice Marturano

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The complexity and relentless pace of our world places exceptional demands on leaders today. They work incredibly hard and yet feel that they are not meeting their own expectations of excellence. They feel disconnected from their own values and overburdened. By the thousands, they seek out books on leadership skills, time management, and “getting things done,” but the techniques these volumes offer, useful as they are, don't often don't speak to the leader's fundamental sense that something is missing.

Janice Marturano, a senior executive with decades of experience in Fortune 500 corporations, explains how Mindful Leadership training integrates the practice of mindfulness-meditation and self-awareness-with the practical tools of management, enabling leaders to bring a wider range of their capacities to the challenges at hand. We already know from scientific research that mindfulness practices enhance mental health and improve clarity and focus. FINDING THE SPACE shows how this training has specific value for leaders.

This is not a new “leadership system” to add to the burden of already overworked people. It brings the concepts of mindfulness into the everyday life of anyone in a leadership role, through specific exercises that address practical issues-the calendar, schedule, phone usage, meetings, to-do list, and strategic planning, as well as interpersonal challenges such as listening and working with difficult colleagues.

Leaders who have experienced mindfulness training report that it provides a “transformative experience” with significant improvements in innovation, self-awareness, listening, and making better decisions. In *FINDING THE SPACE TO LEAD*, Marturano masterfully lays out her proven techniques for promoting mindfulness in the busy executive's working life.

Finding the Space to Lead: A Practical Guide to Mindful Leadership Details

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Author : Janice Marturano

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Katie says

As someone who has been personally impacted by meditation and mindfulness, I was interested to read a book that tied mindfulness to leadership. While, to me, the book read redundant and somewhat disjointed, I did appreciate the various meditation and purposeful pause exercises included in the book (and featured on the book's website). Finding the Space to Lead will not convince a skeptical leader to give mindfulness a try, but I do believe it would be helpful to leaders already familiar with--or with an interest in--meditation.

Jan Daker says

Marturano's work is one of the simplest, most effective I've run across. Her teaching was chosen for the Davos leaders in 2013 so she has quite the global audience. Having brought emotional intelligence training into a company, I find that this is the next logical step. Definitely the way to bring more creativity into the global economy. I also see this as a viable method to use in one's private life to enhance encounters with all.

Dax says

I am thoroughly convinced that mindfulness will separate the good from the great in the future of leadership. The myth of multi-tasking compounded with constant digital distraction is the single most destructive barrier to the productivity needed to solve the current global issues. This book offers a practical guide to pressing pause and learning to be present. This is required for us to be the best leaders we can be.

Donna says

I have to admit I scanned a good part of this book rather than reading in detail because I found it repetitive and largely unoriginal. The author lays out the idea of stopping multiple times a day to do various types of meditation in order to focus the mind and allay the stress of leadership. Actually as a Christian, I would say that most believers would say this is just part of daily life - we call it prayer or daily time with God - and I would argue it's as effective, if not more, than any other type of meditation. It certainly helps me with the stresses of work and the demands of leadership. So I didn't get a lot of new ideas from this myself.

Ebert Márquez says

Excellent insight to apply in the daily professional or personal life. Enjoy it

I recommend this book to everyone Who is looking to understand purpose in his life and leadership with high level of excellence

Daniel Taylor says

Over the past decade, mindfulness has moved into the mainstream. It's a core part of the psychological approach Acceptance and Commitment Therapy and others.

In Finding the Space to Lead, Janice Marturano teaches people how to practice mindful leadership.

Her definition of a mindful leader: someone who “embodies leadership presence by cultivating focus, clarity, creativity, and compassion in the service of others.”

To achieve this she insists on two daily habits. The first is a meditation practice of at least two 10 minute sessions a day.

The second is making time in your day for purposeful pauses. This is where you create the space in the whirlwind of your day to “intentionally pay attention.”

Finding the Space to Lead will help you gain greater awareness as you read it, even if you don't do the exercises (not recommended).

You'll learn how to switch off autopilot and move through your days with intention. Greater attention means you'll have an accurate picture of reality. You'll have increased capacity to choose how to respond in the present in the most appropriate way.

Developing your mindful leadership skills will make you a more effective leader.

Aldene says

I am grateful for my free copy of finding the space to lead I won it from Goodreads. I really enjoyed Janice Marturano ideas on cultivating emotional intelligence and compassion. If we are compassionate and mindful of our own emotions then we enable an inovative and creative environment that bussnesses need to thrive.

Casey says

This book really resonated with me, and it has been really helpful. I listened to the audio book and bought a hard copy for my desk. But it was, after a certain point, very repetitive. I think it could have been edited and laid out better. Nonetheless: highly recommended. A cross between a yoga class and professional guidance.

Vishvapani says

Basically sound, well written, but light on content. A users manual, not a teacher's handbook.

Sebastian Coe says

Good insights on how to integrate a mindfulness practice in the corporate world. It does have its good bit of business book fluff, but, nevertheless, provides a number of practical examples that can be used right away.

Gabby-Lily Raines says

In the book, the author mentions that a mindful leader embodies leadership presence by cultivating focus, clarity, creativity, and compassion in the service of others.

Finding the Space to Lead embodies that and strives to show how leaders in various corporate positions can do just that.

Good read that certainly gave me food for thought.

Jo says

My Thanks to Janice Marturano and Goodreads First Reads for my copy of *Finding the Space to Lead: A Practical Guide to Mindful Leadership* that I won in the giveaway.

Finding the Space to Lead: A Practical Guide to Mindful Leadership sounded like an interesting topic that I had little knowledge about when I won it. I liked how it presented ideas to deal with difficult people and although I do not work at age 94, like everyone I have to deal with difficult people. I found the techniques could be applied to all people in our lives. Controlling how I feel and not letting others control us by reaction is powerful.

Brian Thompson says

Janice Marturano is a first time writer, yet she brings all of her business savvy and experience to bear on a subject she is passionate about, and it shows. I would recommend this book to just about anyone who needs to work a little more peace and focus into their day.

Amy says

I loved this book and the methods presented. I took my time and read a little on several mornings at my desk before starting my day. I can already see an change in the way I approach my day and what is presented to me. I will be utilizing this book regularly and leave it on my desk for easy access. Bravo Janice Marturano. *** Please note I received this book for free from Goodreads First-reads.

Jenny (Reading Envy) says

What I was hoping for: a book that deepened my mindfulness practice and potential for leadership by combining the two, assuming some knowledge on both already

What I found: a book introducing basic mindfulness practices to people already in leadership, a focus only on corporations (one day these leadership texts will include other types of jobs, maybe), a lot of repetition of concepts widely covered in other leadership texts, some of them not even attributed (urgent vs. important must be from Stephen Covey but he isn't credited), guided meditations and reflections

In other words, far more basic than I would have liked.

I found some of the quotes from other people to be the best part:

"A leader is a person who has an unusual degree of power to project on other people his or her shadow, his or her light." -Parker Palmer

Four fundamentals of leadership - focus, clarity, creativity, compassion

Gregory Kramer's Insight Dialogue:

1. Pause
 2. Open to what is here, actually here
 3. Listen deeply
 4. Speak the truth with intention to do no harm
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