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Nota di contenuto	Acknowledgments -- Praise for Mindfulness for Authentic Leadership -- Contents -- 1 Introduction -- Defining Mindfulness -- The Consequences of Authentic Leadership -- Research Questions on Authentic Leadership and Mindfulness -- Summary -- References -- 2 Authentic Leadership: Roots of the Construct -- Mindfulness and Authentic Leadership: A New Way of Looking at the Authenticity of Leaders -- Exploring the Origins and Essence of Mindfulness Practice in Pali Literature: A Scholarly Inquiry -- Pali Literature and the Foundations of Mindfulness -- Analyzing the Pali Texts and Scholarly Interpretations -- Mindfulness in Practice -- Third-Wave Leadership -- Values-Based Leadership Models in Contemporary Organizational Leadership Literature -- Critical Discourse on Authentic Leadership -- Antecedents of Authentic Leadership -- Narcissism and Authentic Leadership -- Crucibles and Leadership Development -- Diversity and Authentic Leadership: The Role of Lived Experience -- Authentic Leadership and Psychological Capacities -- Resilience and Authentic Leadership -- Factors of Authenticity -- Self-Awareness, Spirituality, and Mindfulness -- Mindfulness for Authentic Leadership: A Pathway to Workplace Spirituality and Fulfillment -- Defining Workplace Spirituality -- Mindfulness as a Catalyst for Authentic Leadership -- Pathway to Workplace Spirituality

## Sommario/riassunto

Louise Kelly's 'Mindfulness for Authentic Leadership: Theory and Cases' explores the relationship between mindfulness and leadership, emphasizing the importance of authenticity in leadership roles. The book provides a comprehensive examination of mindfulness practices and their application to leadership, aiming to guide readers toward self-awareness and genuine interactions. It is intended for leaders and managers committed to diversity, equity, and inclusion, offering insights into spiritual and psychological dimensions of leadership. Through theoretical exploration and practical case studies, the book addresses topics such as workplace spirituality, emotional intelligence, and ethical leadership, providing strategies for achieving leadership success through mindfulness.

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