



# Mindfulness Intelligence® Leadership Excellence

## Program & Certification

### Mindfulness Intelligence® Leadership Excellence Designation (MQLE.D)

#### EXCELLENT LEADERS HANDLE:

- Stress and Pressure
- Attention Prioritization
- Intra-personal Challenges
- Team Conflict
- Agility & Change

#### ...AND EXCEL IN KEY AREAS:

- Diversity & Inclusion
- Sustainability & ESG
- Collaboration
- Stakeholder Engagement
- Innovation & AI

*The lack of excellent leadership training leaves leaders and managers poorly equipped to deliver on these intra-personal, inter-personal and bottom-line key points.*

Mindfulness Intelligence® Leadership Excellence Program is a transformational education that stands apart from the rest.

Regular leadership programs are doing a good job in navigating the old leadership paradigm, but are quickly becoming irrelevant. The world is changing fast, and the sooner organizations realize that a whole new approach to leadership effectiveness is necessary, the sooner they will reap the rewards from making the shift.

Today's workforce is held back from high stress and overwhelm, lack of focus and productivity, with anxiety and depressive disorders reaching record levels every year. Slow or failed change management is one of the biggest stumbling blocks for most organizations. The focus on diversity and inclusion is rivaled by polarization and conflict.

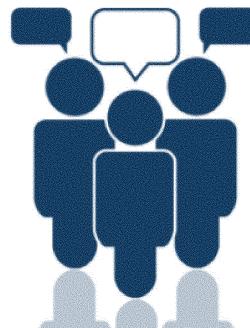
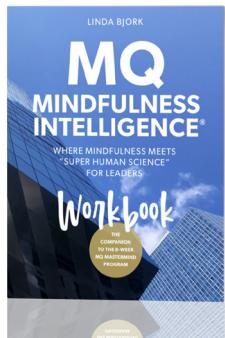
***Leadership has entered a whole new paradigm and most leaders frankly don't know what to do.***

The biggest mistake organizations make right now is to carry on with business and leadership as usual. That's why more and more companies are turning to Mindfulness Intelligence® to build agile minds, skills for the future, and excellent leadership.

You and your team can do the same.

***Earn your Mindfulness Intelligence® Leadership Excellence Designation certification through an 8-module training for companies, or a 12-week training for individual professionals.***

# MQ Leadership Excellence Program In Brief



## Proven Method

Mindfulness Intelligence® gets to the source of leadership: our minds. The building blocks are proven to deliver real personal and leadership transformation.

## Support

A 120-page MQ Workbook to support transformation, plus an online MQ Training Area with all digital resources are available for participants for a whole year.

## Tangible Results

Because of the depth of the MQLE Program, the results run deep. Groups become Teams, Managers become Leaders, and challenges can quickly be overcome.

**8**

LIVE  
MODULES

**8**

EXTENDED  
SESSIONS

COACHING  
OPTIONAL

**8**

ONLINE  
MODULES

**12**

WEEKS OF  
GROUP CALLS

**3**

COACHING  
SESSIONS

## For Company Groups

(Minimum 8 people), 8 modules are delivered live online to the group, on a weekly basis. All sessions are recorded and placed in an MQ Training Area online.

Additional coaching available.

## For Individual Professionals

Join an ongoing international group! 8 modules are presented online weekly for 8 weeks. In addition, there are three 1:1 coaching sessions and weekly group training calls over 12 weeks.



## International Certification

As a graduate, you will have a whole new set of skills for how to be a leader the world actually needs, and also have earned your Mindfulness Intelligence® Leadership Excellence Designation (MQLE.D) certification.

**As a company**, a certification will send a strong and clear signal to talent, stakeholders and shareholders that you are committed to the main aspect of future success: leadership quality and wellbeing.

**As an individual**, this will take you to a whole new level of impact in your leadership role. It will enrich your CV, as companies desperately need leaders who can prove their aptitude for future leadership.

# Mindfulness Intelligence® Leadership Excellence

## The MQ Method

The MQLE training is built on the four pillars of Mindfulness Intelligence®, delivered through 8 modules for maximum transformation of Leadership Excellence.



## Transformational Curriculum

70% of your workforce is stressed or highly stressed. Stress is the major cause of seven of our most deadly illnesses, and severs mental capacities and emotional balance - a kiss of death for any leader AND their teams.

Ego, guilt, grievances and worry will literally ruin your career, wellbeing and team impact. We have several inner functions that rule our lives, and some of us are also held back by workplace trauma.

In order to be effective, you need to be aware of the not-well-known workings of the brain. Essential and surprising brain insights are coupled with a "brain boot camp" for compassionate leaders who want to make a huge impact.

Power drainers are detrimental for your ability to be resilient in leadership. Here, you will form strategies for a confident, sharp and powerful you, specifically improving three qualities of your attention: stability, control and efficiency.

### MODULE 1: STRESS MAKEOVER

*With the most cutting-edge methods and tools in stress management for professionals, you will learn how to master stress once and for all - lowering stress levels by as much as 80%.*

### MODULE 2: THE INNER COMPANY

*You will learn to identify and work with 10 inner functions that get in our way of inner wellbeing, collaboration and success. This is where we learn to ultimately "get out of your own way".*

### MODULE 3: BUSINESS BRAIN

*Here is where we move from reaction to action, and rewire our brains for better decision-making, better mood and vastly improved executive functions, including agility and innovation.*

### MODULE 4: THE POWER GAME

*As you learn game-changing aspects of power and being present, your ability to have impact and focus on the right things will increase dramatically. Ruminations will decrease by 25%, as will chronic fatigue.*

MODULE 5-8

# Transformational Curriculum

A leader with impact needs to master the art of understanding themselves and reading others. You will gain new insights of how to predict other people's moves, be prepared with necessary guidance and take intelligent action.

The world is spinning faster than ever - and you need to learn how to comfortably negotiate naturally arising fears around change in both yourself and your teams, how to stop wasting time on conflicts, and how to become a masterful change-maker.

Most of our habits work against us. We have become unable to change our future as a result of our autopilot taking over. Here, we will understand why and how to break free from "unbreakable" habits and replace them with a winning mind and resilient heart.

We tend to not see the forest because of the trees. Instead of getting lost in misleading details, this transformational module teaches you how to raise your gaze and leave a legacy of which you will be truly proud.

## MODULE 5: READING PEOPLE

**As you get to know new aspects of yourself and the energetic reality of life, you will gain a must-have awareness about reading and influencing co-workers, teams and negotiating parties.**

## MODULE 6: READY FOR CHANGE

**Future-proof your leadership skills and your teams by mastering the MQ key Changeability. Learn how to be a Future Facing Leader with insights and mind-blowing skills from the quantum world.**

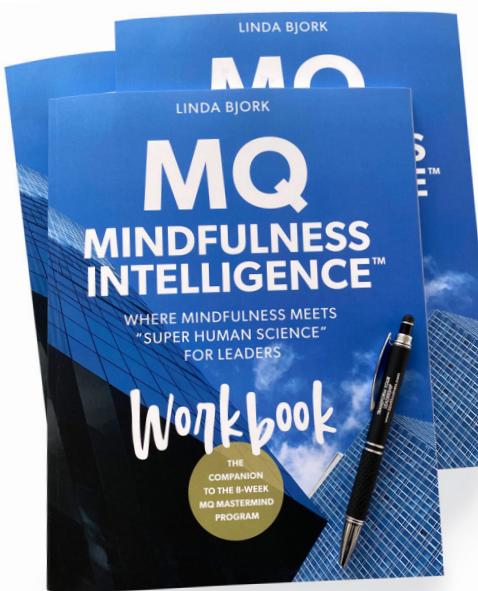
## MODULE 7: WINNING HABITS

**Gain tools for a lifetime to become "super human" and learn how to break free from unproductive habits. Leading DEI and ESG work successfully is impossible without knowing how.**

## MODULE 8: VISION POSITIONING

**Authentically powerful leaders are the way of the new paradigm of business. By module 8, you will master the ability to make great decisions for yourself while leading your teams to success.**

## Transformational Support



The screenshot displays the MQ TRAINING SUPPORT AREA interface. At the top right, there is a banner for the MQ MINDFULNESS INTELLIGENCE MASTERMIND PROGRAM. Below it, a progress bar shows '0 of 28 Trainings Tried'. On the left, there's a section titled 'Training Rooms' with two sub-sections: 'Mindfulness (MBSR) - Beginner' and 'Mindfulness (MBSR) - Advanced'. Under 'Mindfulness (MBSR) - Advanced', there are several video thumbnails for 'Mind Training: MBSR - Breathing 15 minutes', 'Mind Training: MBSR - Body Scan 15', 'Mind Training: MBSR - Breathing 20', 'Mindfulness (MBSR) - Beginner', 'Instruction: MBSR I', 'Mind Training: MBS', 'Mind Training: MBS', 'Mind Training: MBS', and 'Mind Training: MBS'. On the right, a section titled 'Recorded Sessions - Charter "Group 2"' lists six sessions: 'Week 1 - Stress Makeover', 'Week 2 - Your Inner Company', 'Week 3 - Business Brain', 'Week 4 - The Power Game', 'Week 5 - Reading People', and 'Week 6 - Making Change Happen'. Each session has a thumbnail and a brief description.

To support everyone's transformation, a 120-page MQ Workbook is included in the MQLE Program. In addition, an MQ Training Area online houses all modules, recorded sessions, training videos, meditations and exercises, available to all participants. Corporate groups get extra support with longer live modules with Master Teacher Linda Bjork whereas International Groups for Professionals meet as a group for growth and support every week for 12 weeks. Add to that three private coaching sessions and it becomes clear how this supportive program can produce such extraordinary results.

# Mindfulness Intelligence® Leadership Excellence

## Transformational Results



You can expect both immediate and long-lasting results from the MQLE Program. With personal results pertaining to mental and emotional wellbeing, participants will learn how to have steady access to their "executive brain." This leads to improved decision-making and innovative capabilities while lessening stress, overwhelm, moodiness, work-group tensions and unnecessary mistakes.

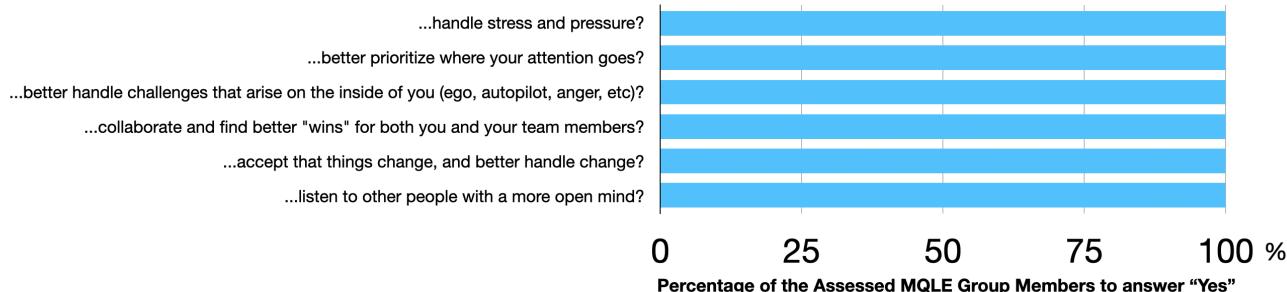
The MQLE Program is designed with finely tuned building blocks for everyone to attain a much higher readiness for change, conflict and unexpected challenges.

Interpersonal and intra-personal results translate quickly into great business gains, including improved sales performance, negotiation outcomes, better and more precise project management, and on-time deliveries.

Beyond motivation, leaders learn to inspire the team to deep engagement and right action through Executive Presence. Leaders will be able to handle much more complexity and work inclusively.

### After the MQLE program, are you significantly better equipped to...

Results updated with all assessed MQLE participants to date (Dec 2021)



- EXCELLENT LEADERS HANDLE:**
- STRESS AND PRESSURE
  - ATTENTIONAL PRIORITIZATION
  - INTRA-PERSONAL CHALLENGES
  - TEAM CONFLICT
  - AGILITY AND CHANGE

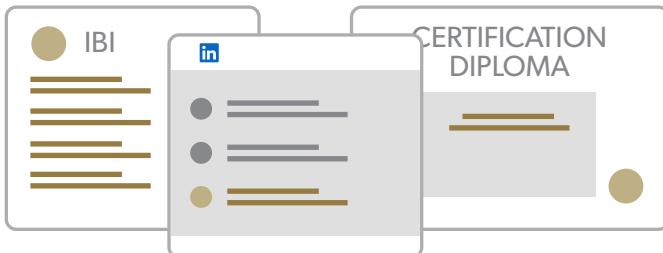
The methods underpinning the Mindfulness Intelligence® system is Mindfulness-Based Stress Reduction (MBSR), Executive Success Coaching, Awareness Training, Emotional Intelligence, and relevant research findings in the fields of Neuroscience, Quantum mechanics, Metaphysics, and Organizational Psychology.

MQ is immediately adaptable with instant results, and a long-term investment of sustained excellence and impact.

# Mindfulness Intelligence® Leadership Excellence Designation (MQLE.D)

## International Leadership Certification

Participants who complete the Mindfulness Intelligence® Leadership Excellence Program, qualify for the international leadership certification MQLE.D. The official certification cycle is 2 years and can easily be renewed.



Your accomplishment and new skill level will be recognized through:

- An Official MQLE.D Diploma from the official MQ Certification body The Inner Business Institute
- Your certification can be listed on your LinkedIn profile (optional)
- Your name will be listed on the Inner Business Institute website of active MQLE.D Certification holders (optional).

**Professionals** join an ongoing International MQLE group  
**Companies** join with their own group/team/board

### Calendar booking:

<https://go.oncehub.com/LindaBjork>

## Who Benefits from MQ Leadership Excellence Training?

### Company groups that...

- are under a lot of pressure and stress, and can't afford to make mistakes
- long for a more collaborative and respectful workplace, and that need to work better together and produce better results together
- need to future-proof innovation levels while being time and resource efficient
- implement D.E.I work or change-management
- need support to grow through difficult times
- want to support minority teams, such as women in male dominated industries, etc.



### Professionals who...

- can feel there is a higher gear in them but feel stuck in old ways, overwhelmed or stressed out
- are accomplished in their field but feel rather empty, lacking clarity and purpose
- are going through or preparing for a transition
- want to get recognized and compensated on a new level
- want to be calm, confident and innovative - embody Executive Presence
- want to expand their impact in a meaningful way while connecting with like-minded, quality professionals around the globe.

# Meet The Founder of Mindfulness Intelligence®

## Linda Bjork

Linda Bjork leads the Inner Business Institute, is the **Founder of Mindfulness Intelligence®** and the **Author** of the popular leadership book "**Inner Business - Training Your Mind for Leadership Success.**"

Known as a dynamic and transformational **Speaker**, Bjork frequently gives lectures and workshops for various organizations, and **Keynotes** conferences and educational seminars. Clients range from Fortune 100 companies to start-up leaders, and from Generals the US Army to Luxury Fashion Designers.

After studying both Engineering and Fine Arts, Bjork worked in the branding and design field and quickly rose the ranks to becoming a Creative Director at 29 and a CEO at 33. With innovative tools of emotional connections in branding, the agency she led for 10 years grew exponentially, serving several global clients out of Stockholm, Sweden and New York City. Bjork won numerous awards while leading the agency, among them **Agency of The Year** 2009 in Sweden.

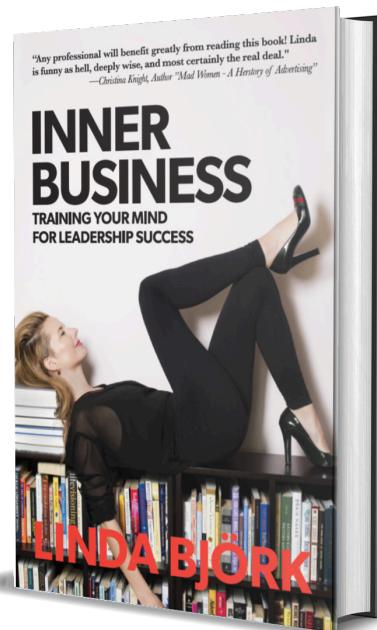
Although high-performance, creativity, profitability, wellbeing and collaboration were important staples of Bjork's success as a leader during her **10 years as a CEO**, the interest for evolving human potential in a broader way took over. As of 2014, Bjork focuses all her energy on deeply understanding and developing tools to help leaders and teams become the type of leaders the future demands of us. Clients get to connect with their inner strength, utilize the genius of their whole minds, and finally live up to their full potential both individually, as team members and as leaders.

Linda Bjork was elected an **Evolutionary Leader** in 2022, humbly joining the ranks of several important evolutionary leaders amongst them Deepak Chopra, Gregg Braden, Jean Houston, Michael Bernhard Beckwith, Ervin Laszlo, Lynne McTaggard, Gary Zukav, and Ken Wilber.

In addition to her **engineering, design and business background**, Bjork is a certified MBSR leader, a certified Success Coach, and an Ordained Interfaith/Interspiritual Minister. She serves on the Board of One Spirit Learning Alliance, and leads evolutionary business conversations through The Becoming of Business.



The Inner Business Institute is the official international certification body of all Mindfulness Intelligence® certification designations and houses several educational programs for leaders and professionals.



### Calendar booking:

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Linda Bjork, New York City.