

A row of lit candles is shown against a dark background. The candles are arranged in a line, and their flames are bright yellow and orange. The foreground candle is in sharp focus, showing its wax and the flame. The other candles are blurred, creating a sense of depth. The overall mood is warm and contemplative.

***Reflective Practice: Innovations in Leadership  
Development begins with Changing Mindset to  
Transform Safety Culture***

**Sigma Theta Tau International 44th Biennial Convention**

**Mindfulness, Intentionality, and Caring Science**

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# Learning Outcomes

- Explore the use of reflective practices for leadership development.
- Engage in a reflective practice activity to develop self and other awareness.
- Propose a personal and professional development plan that incorporates mindfulness and reflective practice to support wisdom leadership.



Learn to Be  
Still



Why do you care?

How will you leave?

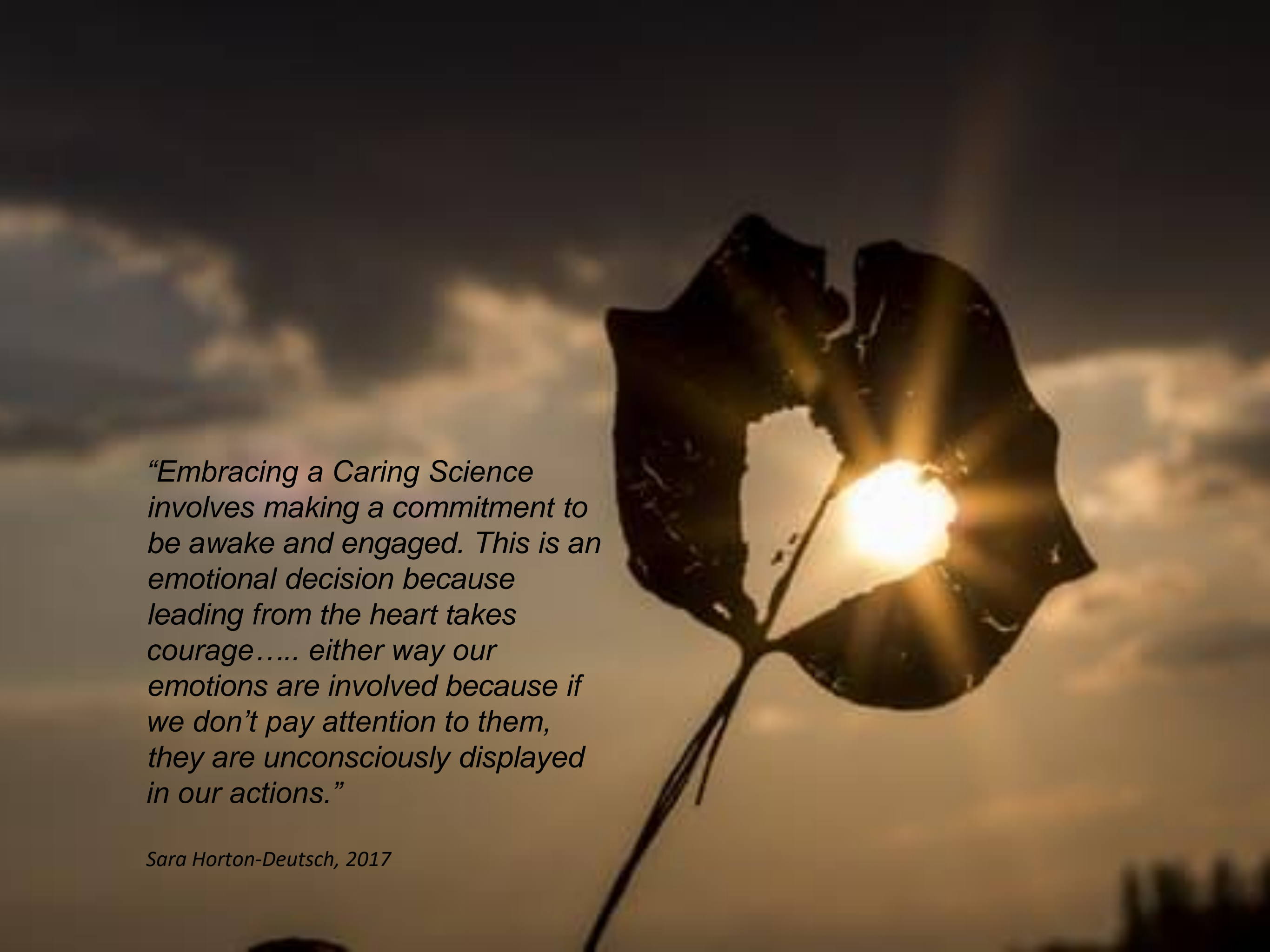
What brought you here today?

Hopes for attending this presentation?

*Expanding Our Awareness....*

*the foundation for leading from a Caring Science framework.*



A silhouette of a leaf with a hole in the center, set against a bright sun in a cloudy sky. The sun is positioned behind the hole in the leaf, creating a lens flare effect. The sky is filled with soft, golden clouds, and the overall scene is bathed in warm, low-angle light.

*“Embracing a Caring Science involves making a commitment to be awake and engaged. This is an emotional decision because leading from the heart takes courage..... either way our emotions are involved because if we don’t pay attention to them, they are unconsciously displayed in our actions.”*

*Sara Horton-Deutsch, 2017*

To lead from a Caring Science Framework requires...

*presence, authenticity and vulnerability*



*To creatively collaborate with others  
requires the ability to work with our  
emotions and develop self-awareness.*





## 3 Attitudes...

*Negative*  
*Positive*  
*Unbiased*



Mindful Gap ...

*creating a safe distance*



Clearly Seeing ... *the big picture*





Letting Go...

*expanding awareness*

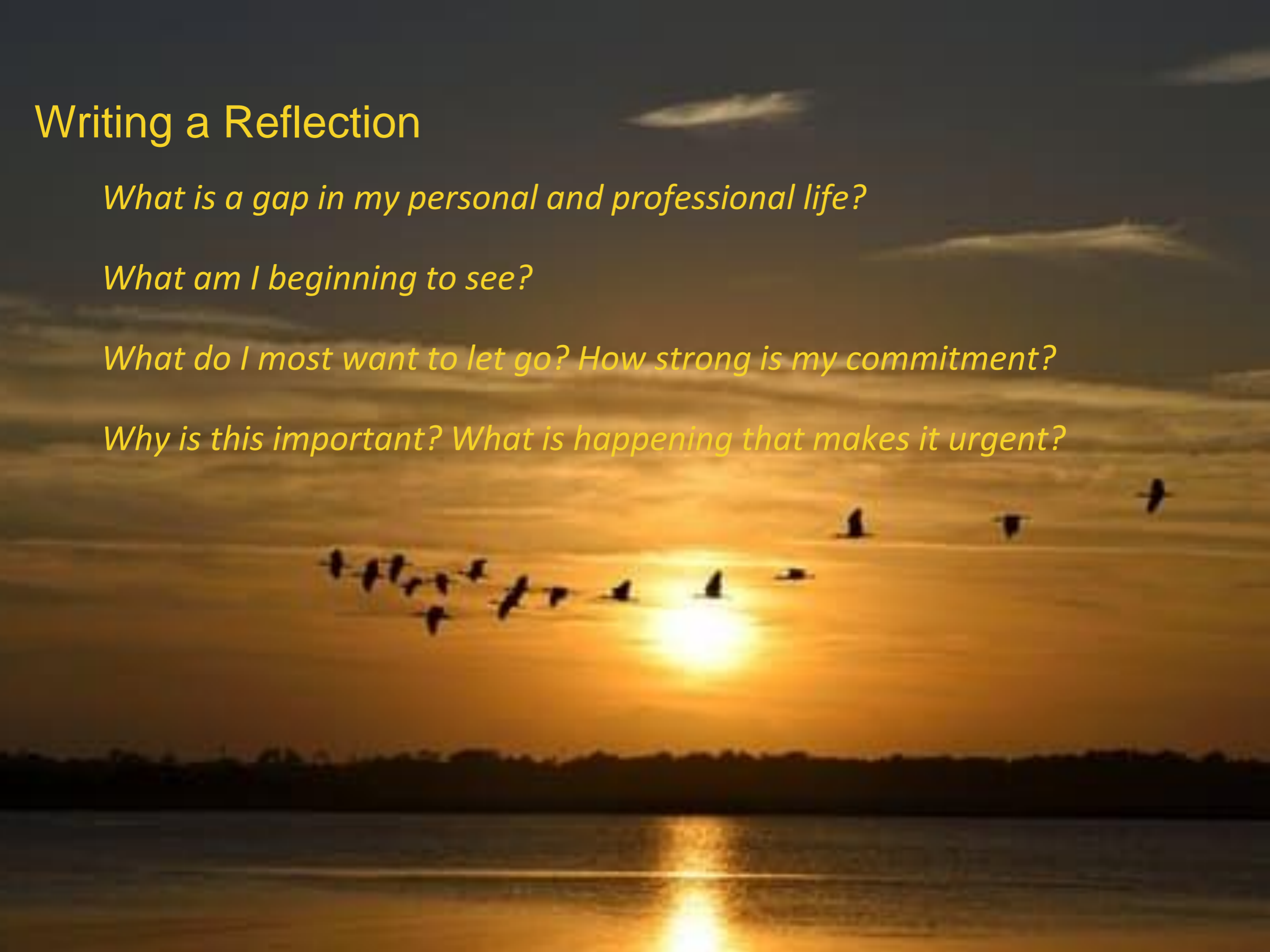
# Writing a Reflection

*What is a gap in my personal and professional life?*

*What am I beginning to see?*

*What do I most want to let go? How strong is my commitment?*

*Why is this important? What is happening that makes it urgent?*



# References

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