



THRIVE IN COMPLEXITY:

A LEADERSHIP DEVELOPMENT WORKSHOP TO EXPAND YOUR FOUNDATION
AND ABILITY TO THRIVE IN THE "NEW NORMAL" OF COMPLEXITY AND
EXPONENTIAL CHANGE

*There is no failure in the context of complexity.
Only opportunities to start again.*

This experience focuses on **APPLIED MINDFULNESS**

to boost your leadership capability through the lens of the Enneagram.

It is designed to empower you and your colleagues to access quality thinking and grounded leadership presence. It embeds cutting edge competencies to take your career to the next level.

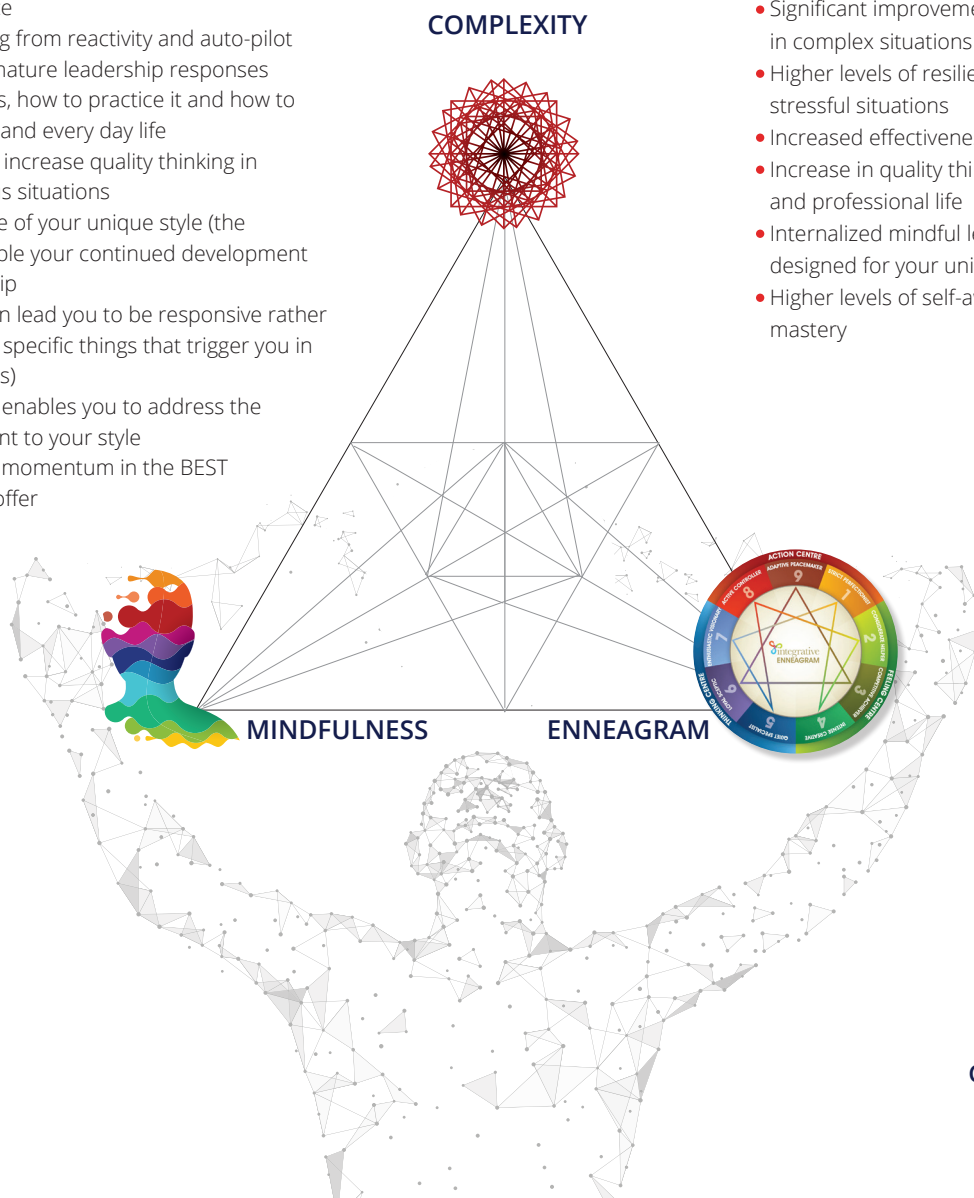
THE COURSE AGENDA:

- How to work with complex problems through applied mindfulness practice
- The big shift: moving from reactivity and auto-pilot mode, to mindful, mature leadership responses
- What mindfulness is, how to practice it and how to use it in leadership and every day life
- How to significantly increase quality thinking in complex, ambiguous situations
- Use your knowledge of your unique style (the Enneagram) to enable your continued development of mindful leadership
 - How your style can lead you to be responsive rather than reactive (the specific things that trigger you in complex situations)
 - How mindfulness enables you to address the challenges inherent to your style
 - How you can find momentum in the BEST your style has to offer

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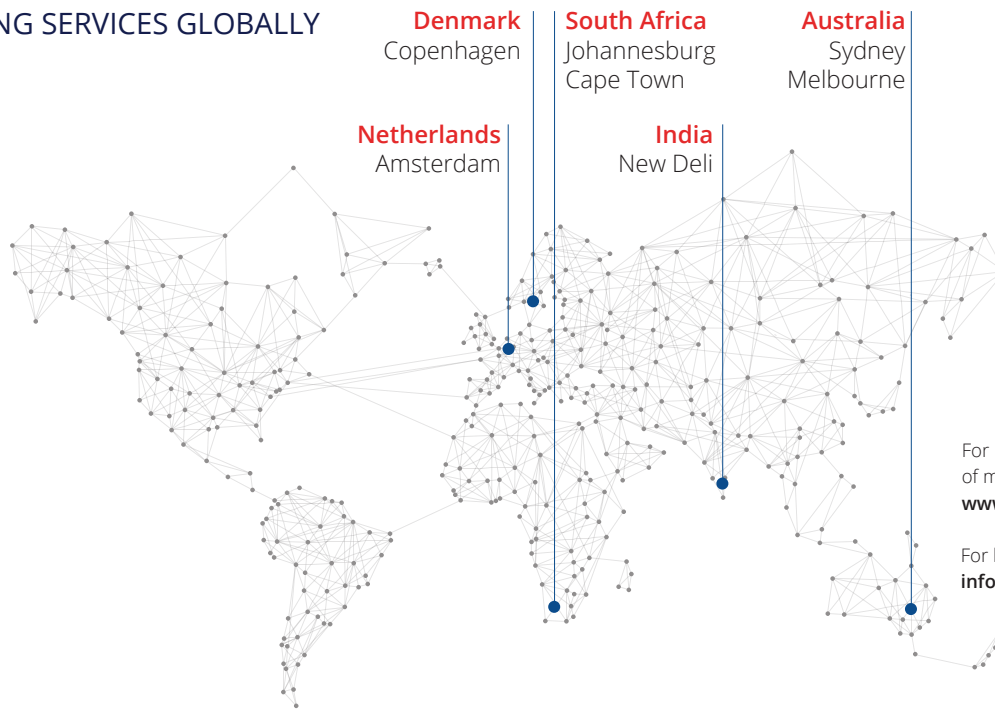
The benefits of this training:

- Significant improvement in capacity to lead in complex situations
- Higher levels of resilience and maturity in stressful situations
- Increased effectiveness in leading others
- Increase in quality thinking in your personal and professional life
- Internalized mindful leadership practices designed for your unique style
- Higher levels of self-awareness and self-mastery



Facilitated by
CASPER OELOFSEN

DELIVERING SERVICES GLOBALLY



For more information on the impact of mindfulness visit
www.mindfulleadership.co.za

For booking and pricing email
info@mindfulleadership.co.za



International
facilitator and coach
CASPER OELOFSEN

Casper Oelofsen is an experienced executive business coach and thinking partner to clients in a variety of sectors and countries. He is an entrepreneur, strategist, consultant, public speaker and facilitator. He is a founder of a variety of successful enterprises over the past 25 years acting on management, executive and non-executive levels. His deep inside knowledge and experience of what it is to be at the coal face of business and leadership sets him apart as an effective, pragmatic coach with an uncanny ability to get to the bottom of his clients' needs and opportunities.

He empowers his clients with relevant skills, capacity, attitudes and ways of relating to change and uncertainty. It is all about being able to thrive and be resilient in the New Normal of complexity, chaos and overload.

Drawing from his expertise in quality thinking tools, mindfulness practices and knowledge of a wide range of unique leadership styles with particular development needs. Combining these disciplines, he offers tailor made learning experiences to individuals, groups, teams and organisations to boost their ability to perform. Casper has a gift to make learning accessible, transformative and fun. Connecting with humour and playfulness he enables a deep dive into what is most important to learn.

Casper is a sought after presenter and teacher at conferences, most recently in Copenhagen, Melbourne, Budapest, Helsinki, New Delhi, Johannesburg and Cape Town.

BUSINESS BACKGROUND

Casper was one of the founding members of Capitec Bank Ltd. After the listing of Capitec on the Stock Exchange he left the company and broaden his entrepreneurial reach. He played a fundamental role in the establishment of the nationwide Cash Crusaders Retail Group, and he is still invested in small and medium size businesses.

PROFESSIONAL DEVELOPMENT

Casper is a registered member of **Comensa** (Coaches and Mentors of South Africa), **Neuroleadership Institute** based in Sydney Australia, **The Institute for Mindfulness** in South Africa (IMISA), **The International Regulator of Coaching** (ICRM), **The International Coach Federation** (ICF), **The Coaching for Stress Association**.

Casper has a **Bachelor's Degree in Economic Science** (University of Stellenbosch) and a **3 Year Post Graduate Certification in The Design of Mindfulness Based Offerings** (University of Stellenbosch Faculty of Medicine)

SENIOR EXECUTIVE COMMENTS ABOUT CASPER'S WORKSHOPS

