

MINDFUL LEADERSHIP PERFORMANCE

In an increasingly complex industry, with growing global competition, focus and clarity of mind is becoming a clear competitive advantage. IF Insurance, a large European insurance company has partnered with Potential Project to bring mindful performance to their leaders and employees since 2009. The training programs are brought to all levels and divisions of the company with a strong focus on creativity, effectiveness and wellbeing. Researchers from Singapore Management University have studied the impact of the training and found significant results.



"I initiated the programs expecting we would become more focused and effective. That has happened and I am grateful. However, I experience another, much bigger change in myself and our teams; we are becoming better human beings."
Thomas Berg, former Sales Executive



"I can't imagine anything we have done in leadership development that has changed so much in such a short time."
Jesper Askjaer, Head of If Academy

