



## Michael Bunting

*Founder, The Mindful Leader, Author*

### THE PROFESSION

1:45pm-2:15pm

#### Resilience and mental well-being

In this session, you will learn:

- What emotional exhaustion is and why you are feeling it,
- Important mental wellbeing strategies for dealing with emotional exhaustion, and
- The keys to a healthier, more effective and happier mind

#### About Michael Bunting

Michael Bunting is the author of the number one bestselling books *The Mindful Leader* and *A Practical Guide to Mindful Meditation*. He co-authored *Extraordinary Leadership in Australia and New Zealand* with Jim Kouzes and Barry Posner, the world's premier researchers and authors in the field of leadership.

He is the founder of *Awakened Mind*, a premium mindfulness IOS/Android App, and leadership consultancy *The Mindful Leader*. Michael and his team have worked with some of the world's most prestigious organisations in the area of executive leadership, mindfulness, adult development and scaled culture change.

Several of his clients are award-winning best employers, and his app has been academically researched and proven to produce substantial improvement in key performance areas.