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The Square of Self-Leadership – A Path to Psychological Well-being

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Mindfulness, breathwork, yoga, and compassion form the foundational pillars of self-leadership, enabling individuals to regulate their nervous system, enhance psychological flexibility, and foster a deeper sense of well-being. This presentation explores how these four elements interconnect to create a framework for self-regulation, ultimately leading to self-leadership and improved interpersonal interactions.

Breathwork, as the only autonomic function we can consciously control, serves as an entry point to nervous system regulation. By shifting from sympathetic (fight-or-flight) to parasympathetic (rest-and-digest) states, individuals can reduce stress, improve focus, and enhance emotional resilience. Psychological flexibility, cultivated through meditation, allows for a mindful response to challenges rather than reactive patterns. Yoga asanas provide a coherent and mindful movement practice, supporting both physical and mental stability, while compassion fosters psychological safety, deepening our connections with ourselves and others.

By strengthening the vagus nerve through these practices, we create a physiological and psychological foundation for enhanced emotional intelligence, stress resilience, and overall mental well-being. This approach not only benefits individual practitioners but also has far-reaching implications for leadership, teamwork, and social cohesion. Attendees will leave with practical insights into how breathwork, meditation, movement, and compassion can be applied to cultivate self-leadership, enabling them to act with greater clarity and purpose.

Biography

Magnus began meditating in his teens and deepened his knowledge through Tibetan Buddhism and university studies in Indology. Based in Stockholm, Sweden, he teaches groups in yoga, mindfulness, and meditation and is one of the founders of The Mindfulness App. His latest book, "The Art of Stillness in a Noisy World" (Hardie Grant), explores how to find calm, tranquillity, and peace in everyday life and has been translated into seven different languages to date.

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