



Michael Chaskalson

Leading Expert on Mindfulness



CSA CELEBRITY SPEAKERS

Michael Chaskalson is one of the UK's leading mindfulness trainers with more than thirty-five years of personal practice of mindfulness and related disciplines. As well as being a highly experienced teacher of mindfulness, Michael is a pioneer in its application to leadership and other workplace contexts.

"Listed on the Thinkers50 Radar for 2017"

In detail

Michael is a member of the core teaching team at the Centre for Mindfulness Research and Practice at Bangor University, where he teaches a module on masters programme in mindfulness at the University's School of Psychology. Michael has also been a successful social entrepreneur, founding a fair trade company that came to have annual sales of £10 million and 200 employees. He is founder and CEO of Mindfulness Works and a Professor of Practice at Ashridge Business School.

What he offers you

Based on his years of personal practice of mindfulness and related disciplines, Michael now shares his insights and research with audiences worldwide as a keynote speaker, coach, consultant, and teacher. He works with global corporations and public sector organisations, as well as individuals, so that they better understand mindful leadership practices.

How he presents

His extensive experience as a management trainer on Mindfulness and his enlightening presentations and workshops make Michael Chaskalson a sought-after commentator at corporate events.

Topics

Mindful Leadership: Training the Brain to Lead
Emotional Intelligence
Making the Mindful Leader
Positive Strategy and Leadership

Languages

He presents in English.

Want to know more?

Give us a call or send us an e-mail to find out exactly what he could bring to your event.

How to book him?

Simply phone or e-mail us.

Publications

2014

Mindfulness in Eight Weeks

2011

The Mindful Workplace: Developing Resilient Individuals and Resonant Organisations with MBSR