



# 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