



### **TITLE: Confronting ambitious conversations as a mindful leader with Sarah Jenner**

What is the elephant in the room where you work? Leaders are equipped to deal with an abundance of challenges, but when it comes to psychological health, many find navigating this 'ambiguous zone' the most difficult part of being a leader. So, what is the best way to start ambitious conversations? In this week's episode of 'Evolve', we get to grips with how to use human-centred leadership qualities to both respect employees and to define accountability.

With over 10 years' experience creating leadership development programmes, Sarah Jenner is well-versed to talk about psychological health and safety in the workplace. In this episode, she introduces us to the incredible work that she does as Executive Director of the non-profit organisation, Mindful Employer Canada. Sarah is a huge believer that education is the answer to confronting ambitious conversations and is mindful of giving others grace, because people have different lived experiences.

Also in this episode of 'Evolve':

- How to make ambitious conversations more comfortable.
- How to support employees who are struggling at work.
- How learning and development can teach employees and leaders to be more mindful.
- Leadership that centres on trust, compassion, and honesty can create a positive culture.
- Putting in place strategies and frameworks can help to confront ambitious conversations.
- Having a community to discuss ideas can help people connect and grow in confidence.

I hope you enjoy this episode of Evolve: A new era of Leadership. To learn more visit my website: [www.carolynswora.com](http://www.carolynswora.com) or send me an email to [support@carolynswora.com](mailto:support@carolynswora.com). I'd love to hear from you.

You can find the Mindful Employer Canada website here: <https://www.mindfulemployer.ca/>