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Nicola Bentley Launches Neuroscience-Based Leadership Program: "Mindset of a Leader"

Whistler, BC – Renowned mindful leadership expert, Nicola Bentley, is set to unveil her newest program, "Mindset of a Leader: The Art and Science of Resilience: Awareness and the Power of Neuroplasticity," aimed at empowering individuals and teams with essential tools for navigating the challenges of modern leadership.

In this neuroscience based 4-session program, Bentley delves into the realms of resiliency, introspective intelligence, and relational teamwork to equip participants with invaluable skills. Through a combination of live virtual and optional in-person sessions, participants will explore the potential of neuroplasticity, learn to navigate distractions, and empower mindful choices.

The program caters to professionals across various industries, including finance, law, technology, education, community services, and consulting agencies. Bentley acknowledges the complexities of contemporary work and personal life, offering strategies to declutter the mind, enhance focus, and foster resilience amidst the constant flux of expectations and demands.

The benefits of team-based resilience training are demonstrated in teams across many different fields of work. During their research with high performers in 15 different global organizations, Rob Cross and Karen Dillon discovered that resiliency can be bolstered through relationships and team connectivity. "For a long time, we assumed that resilience is something that can only be found when you dig deep to find some kind of internal grit during difficult times. But if you ask 300 people how they navigated difficult stretches in their lives and focus not on what they did but on how they tapped into relationships around them you see a series of specific ways connections in our lives create resilience."

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[The Microstress Effect: How Little Things Pile Up and Create Big Problems--and What to Do about It by Rob Cross & Karen Dillon | Resilient Networks \(ssir.org\)](#)

Previous clients have praised Bentley's workshops for their tangible impact. From workplace mindfulness to resilient leadership, participants attest to the immediate applicability of the skills learned. Christina Florencio, Client Success Manager at OpsGuru, commends Bentley's "genuine warmth, humor, and passion," making mindfulness accessible for all.

Nicola Bentley, IMTA, CMT-P, brings over two decades of senior leadership experience, coupled with mindfulness facilitation training from UCLA's Mindful Awareness Research Centre. As the founder of ClarityWorks Training, Bentley has crafted a program that combines scientific insights with practical tools for today's leaders.

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