Contents

Aut	hor's note	ix
Intr	roduction: The vertical growth imperative	xi
Pa	rt I: Developing a vertical growth mindset	1
1	The Mindful Leader Matrix	3
2	Why leaders struggle with walking their talk	13
3	How values help us grow	35
4	Choose your growth values	47
5	Commit to action	63
Pa	rt II: Developing self-awareness and	
resolving the shadow		
6	The role of mindfulness in personal growth	79
7	How to practise self-awareness	95
8	Overcome numbness and denial	111
9	See and resolve the shadow	123
Pa	rt III: Vertical growth in teams and	
organisations		
10	Setting and living team and organisational values	155
11	Creating a container of team psychological safety	173
12	Eliminating team triangulation	183

Vertical Growth

13	Keep the team on track with 200 per cent accountability	189
14	Giving and receiving conscious feedback	205
15	Personal transformation and the hero's journey	221
The	e Mindful Leader: Vertical Growth Resources	229
Sources		231
Ind	ex	235