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# How to Cultivate the Heart and Mind of the Leader

## Lessons from over a Decade of Developing Mindful Leaders

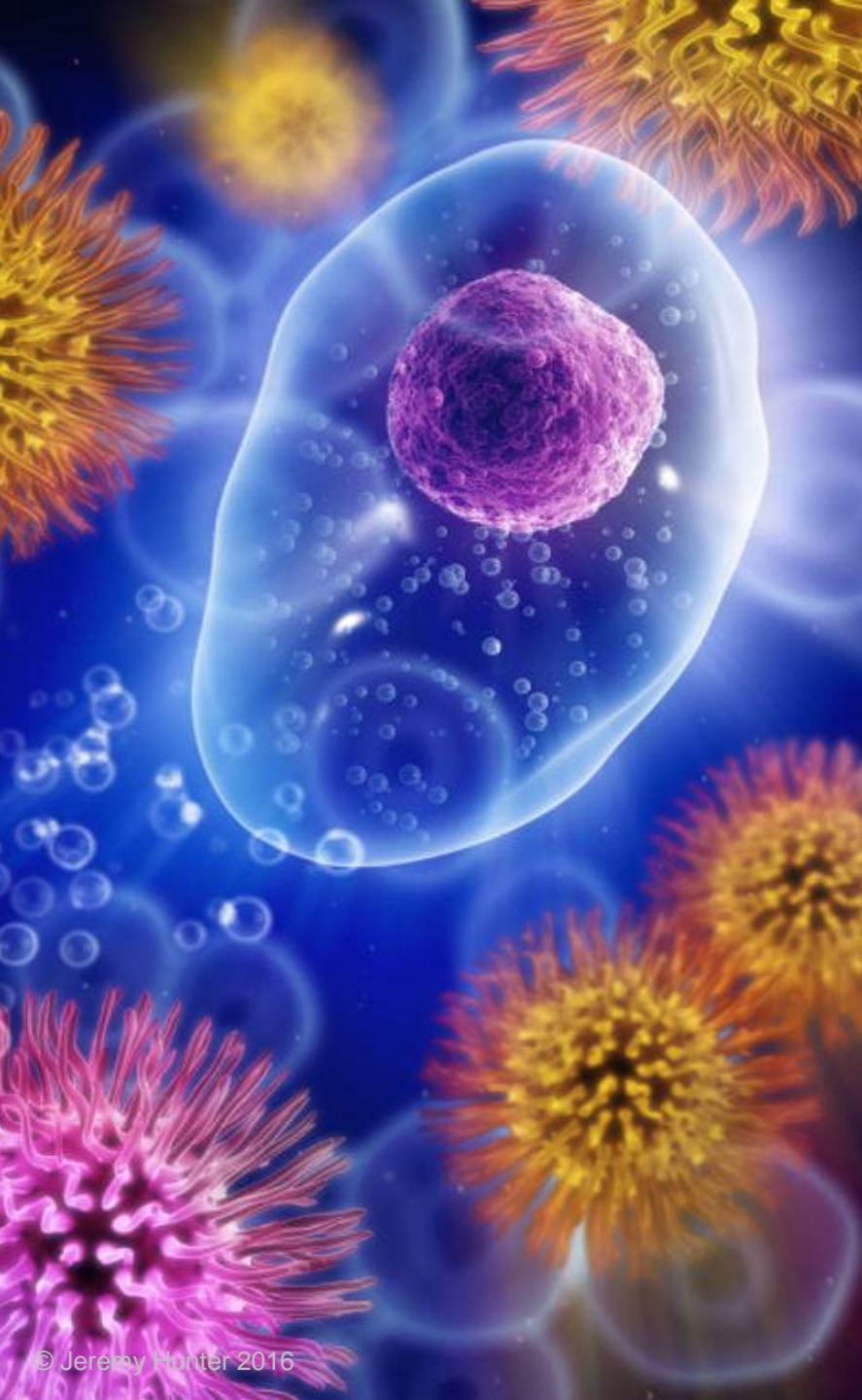
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Jeremy Hunter, PhD

Associate Professor of Practice

Founding Director,  
Executive Mind Leadership Institute

Peter F. Drucker Graduate School of Management



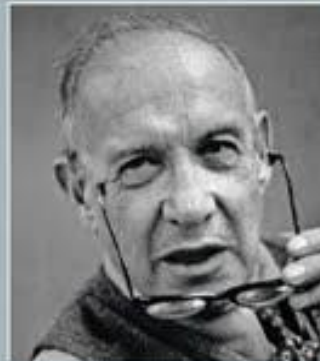
How to introduce awareness practices in a management context without arousing an immune response?

The McGraw-Hill Companies

# BusinessWeek

NOVEMBER 23, 2008

www.businessweek.com




## THE MAN WHO INVENTED MANAGEMENT

Why **Peter Drucker's**  
ideas still matter

BY JOHN A. BYRNE **Q** 90

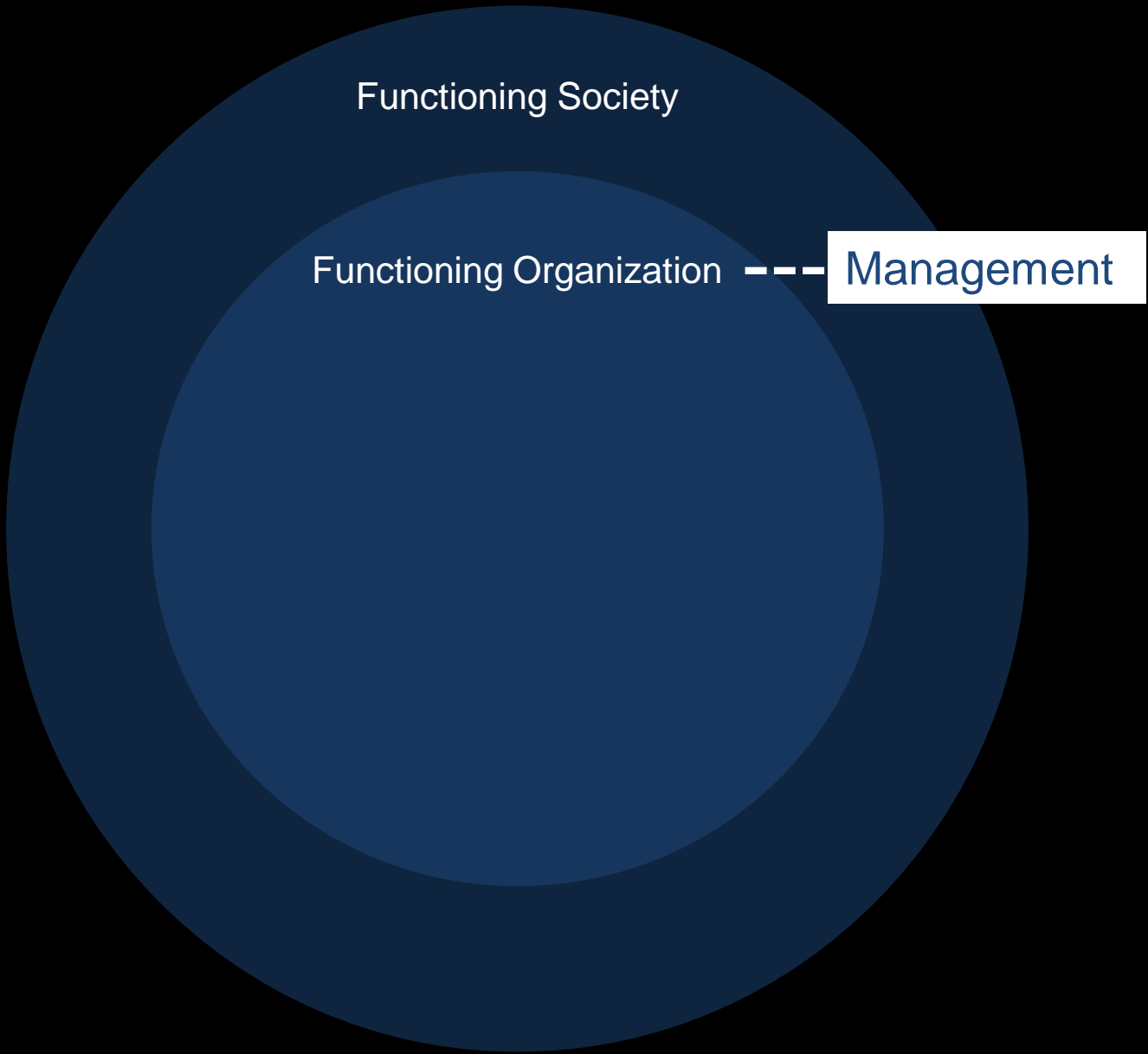
Chosen and edited by the author

Peter F. Drucker

A dark blue silhouette of a city skyline with various skyscrapers of different heights and shapes, set against a light orange background.

A  
Functioning  
Society

*Selections from Sixty-Five Years of  
Writing on Community, Society, and Polity*

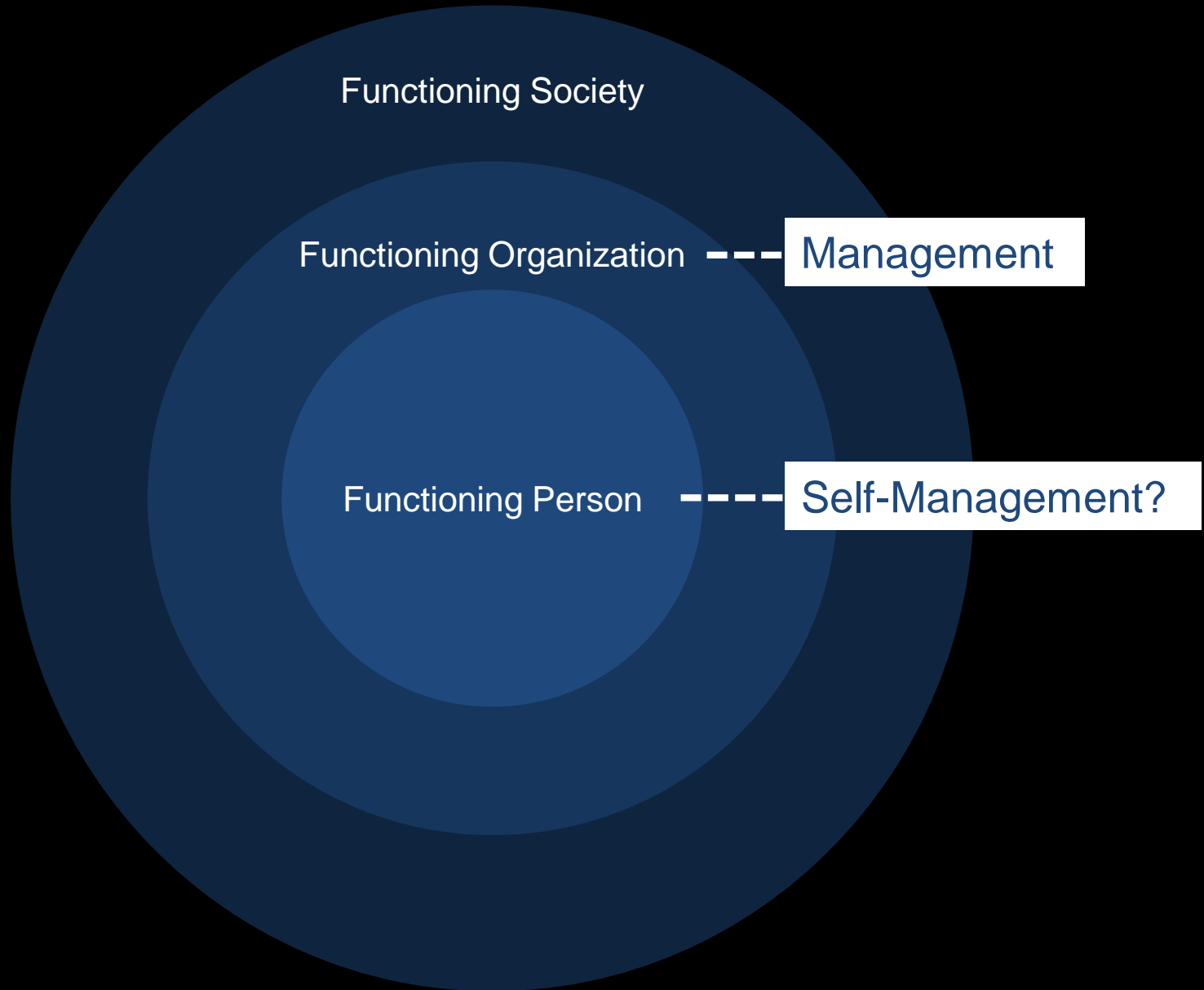




“You cannot manage  
other people  
unless you manage  
yourself first.”

Peter F. Drucker

*The Drucker Lectures: Essential Lessons  
on Management, Society and Economy,  
2016.*



# Cultivating the Four Rigors

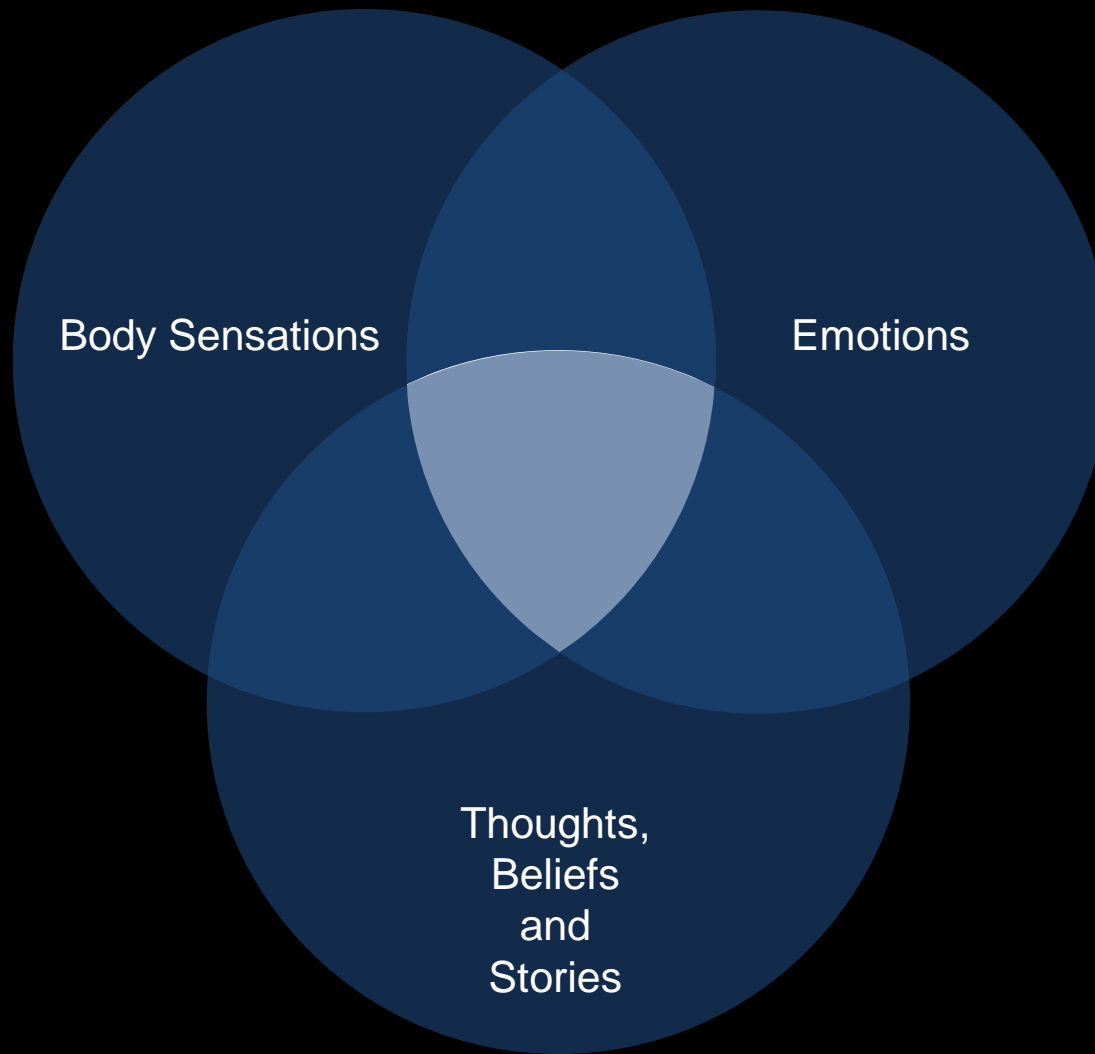


Intellectual Rigor

Perceptual Rigor

Somatic Rigor

Emotional Rigor



# Rigorous engagement with experience

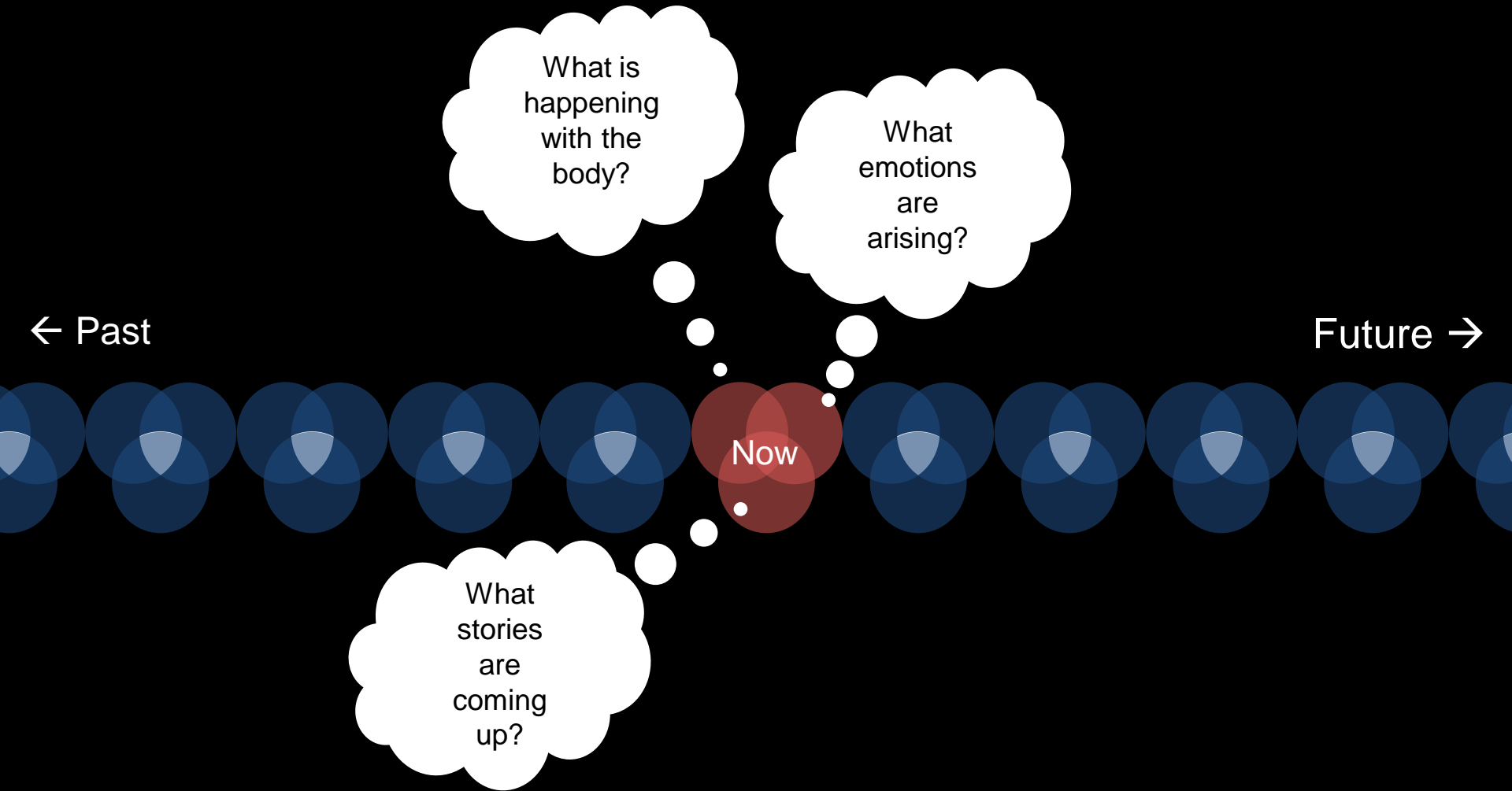
← Past

Future →

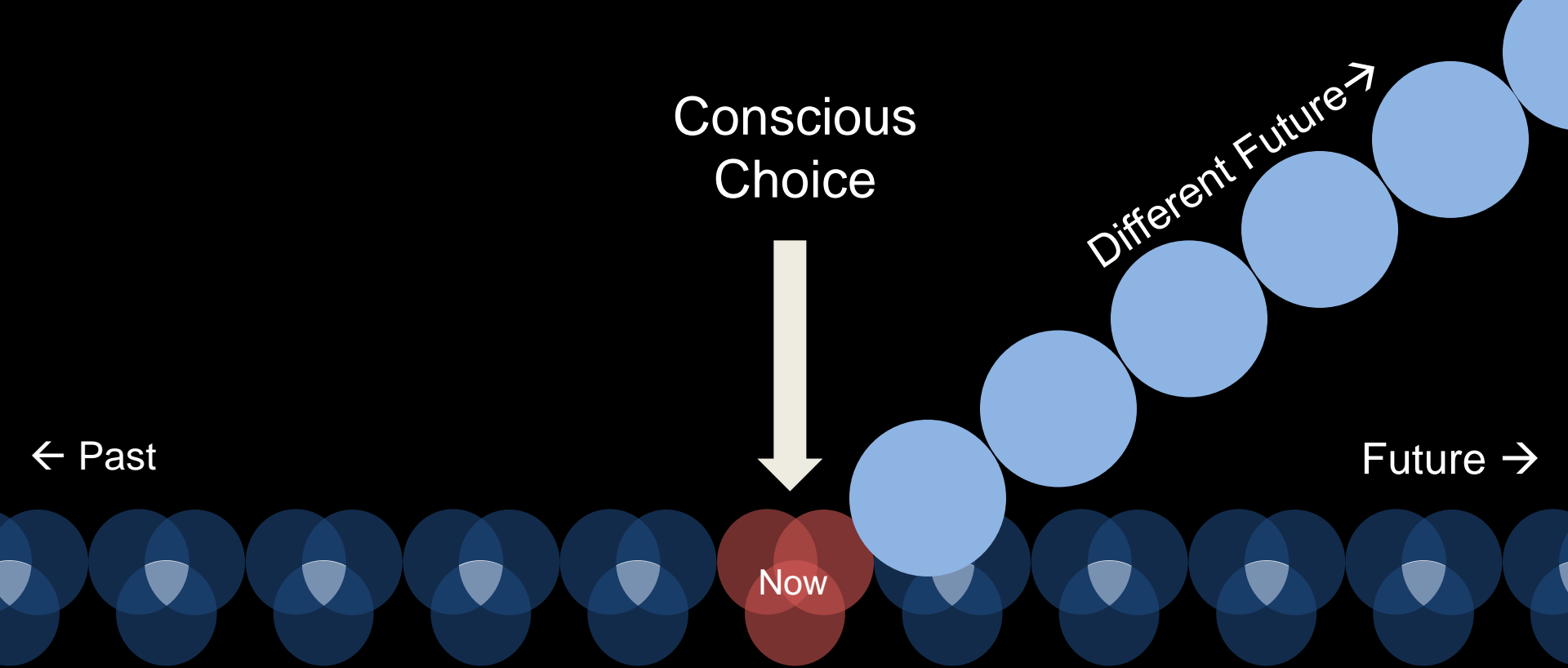


Now

We experience life as a series of moments



Investigating how am I experiencing this?



Investigating how am I experiencing this?

# Managing Reactivity

# Transforming Perception

# Uncovering and Dismantling Patterns



What's going on?



“Society needs a return to spiritual values—not to offset the material but to make it fully productive.”

*Landmarks of Tomorrow, 1959.*