



## Five observable traits of a mindful leader

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Mindfulness is such a trendy word in the corporate world. However how does a leader who is mindful act and think like? I was so inspired by the management team and senior leaders of Keppel Land China when I was invited to conduct a one day "Mindful Leadership Program - Transforming mindsets of leaders" in China, Tianjing last week. My second engagement with them.

Someone who practices mindful leadership has the following five traits:

- 1) They are highly adaptable to the changing (business) environment.
- 2) They are attuned to their own emotions and those of others.

3) They are authentic, trust worthy and they trust others.

4) They are visionary, focused and not flicker minded.

5) They walk the talk and is empathetic.

I had the honour of interacting with their management team and Heads of various department. I observed that they displayed most if not all of the above traits. Many of them demonstrated solid technical competencies and strong business acumen and a genuine care for people and customers.

Now I know why Keppel Land is such a strong Singapore brand both at home and internationally. I take pride as a Singaporean, now I have another reason to be proud of being a citizen of this country! Looking forward to continue partnering Keppel Land China.

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