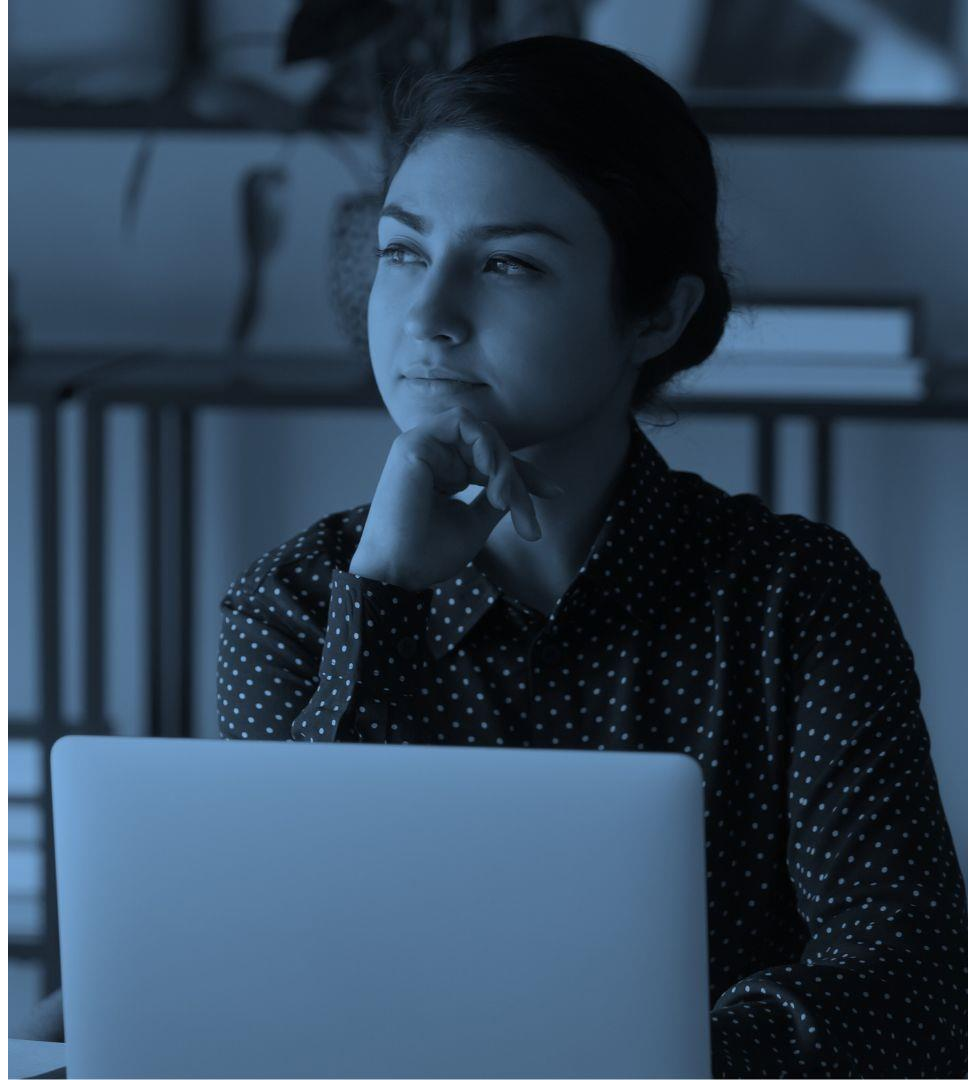




Why leaders need to be psychologically flexible



Introductions



What we'll cover today



Sustainable leadership



What is psychological flexibility?



Leadership challenges



How flexibility supports leaders



How to develop flexibility in leaders



What is sustainable
leadership?



“...a philosophy of leadership that’s rooted in contextual behavioural science and emphasises sustainability at its core.”

Sustainable Leadership



Being intentional



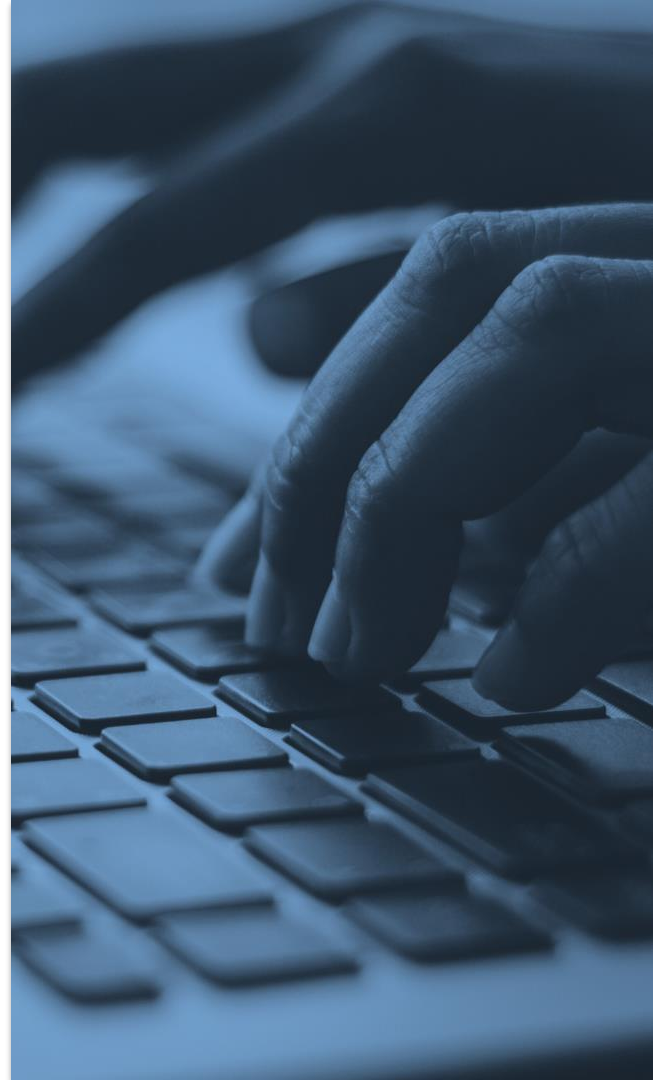
Being adaptable



Being purposeful

Our 2025 webinar series








- June 4th: Why leaders need to be emotionally literate
- July 8th: Wellbeing challenges for leaders
- Aug 6th: Self-care for leaders
- Sept 17th: Building self-awareness in leaders
- Oct 7th: The role of coaching in leadership development
- Nov 5th: Leadership and compassion
- Dec 9th: Busting myths about leadership



What is
Psychological
Flexibility?



Psychological Flexibility

-  Evidence-based framework
-  Psychotherapeutic roots
-  Translated for the workplace
-  Skills for work, skills for life
-  Supports goal orientation
-  Boosts wellbeing & resilience
-  Doing more of 'what matters'

“Psychological flexibility...refers to our ability to notice our internal and external experiences and, rather than reacting to or making decisions based on those experiences, making decisions based on what is important and workable in that specific situation.”

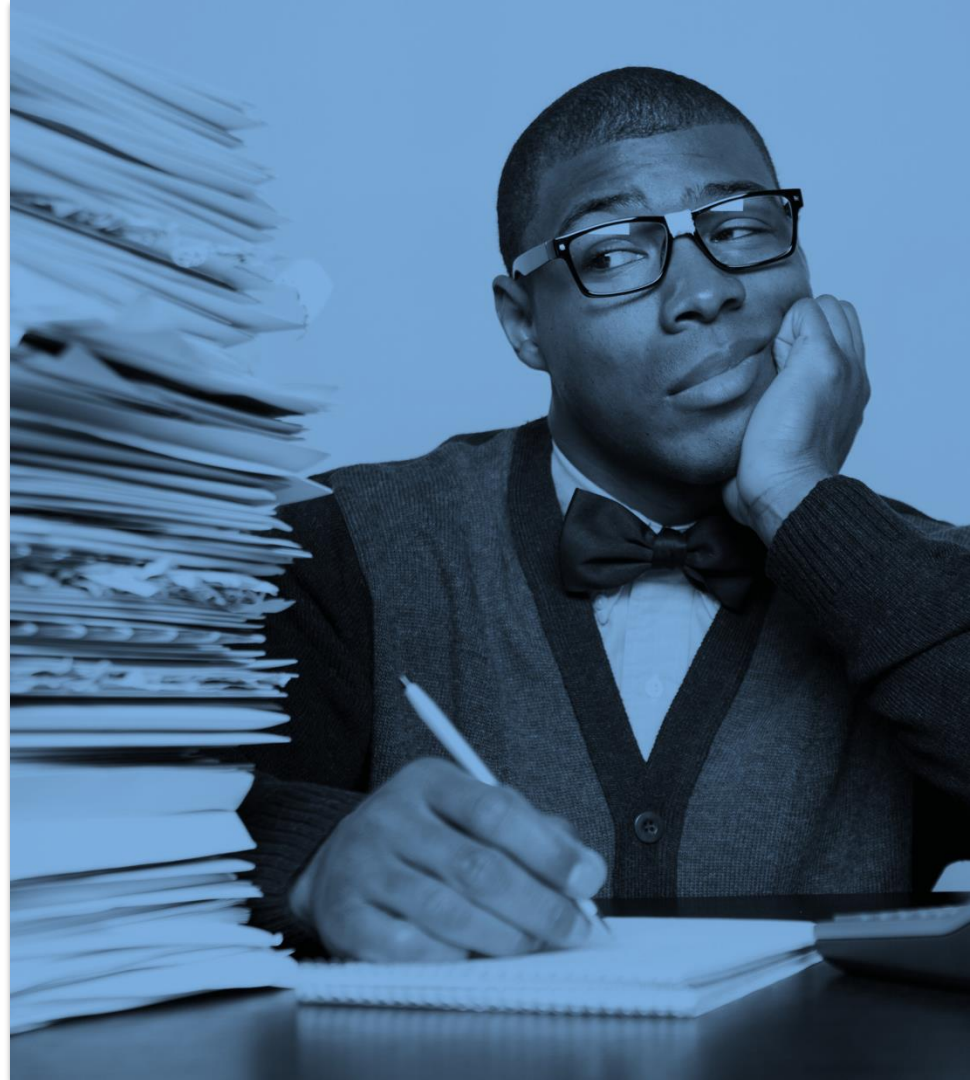
MacKinnon, R., Skews, R. and McIntosh, R. (2025)
Addressing psychological discomfort with
Acceptance and Commitment Coaching.
Journal of Coaching Psychology, Vol 20, issue 3.

Common leadership challenges



Leadership challenges

- ☑ Tactical focus
- 📄 Over-played strengths
- 👤 Maladaptive coping strategies
- 💓 Neglecting self-care
- 😞 Imposterism
- ⏪ Avoidance
- 👥 Failure to delegate or involve
- 👤 Disconnection & loneliness



How increased
Psychological
Flexibility helps



Show up!

Present moment awareness

From mental time-travel to mindful presence in the here and now.

A flexible self-concept

From over-simplified stories to an appreciation of what makes us unique.



Let go!

Cognitive Defusion

From looking through our thoughts to looking at our thoughts - seeing them for what they are.

Acceptance

From automatic avoidance of discomfort to seeing it as part of doing meaningful things.



Get moving!

Clarity of values

From a lack of knowing what's important, to knowing what matters to us in this moment.

Committed action

From automatic avoidant responses, to intentional moves in the direction of what matters to us.



Psychological Inflexibility



Mental time-travel



Inflexible views of self



Caught up with thoughts



Avoiding discomfort at all costs



Lack of clarity on what matters



Automatic action



Psychological Flexibility



Present moment awareness



Flexible self-concept



Seeing thoughts as thoughts



Accepting discomfort



Clarity of values



Values in action



Sustainable Leadership



Being
intentional



Show up!



Being
adaptable



Let go!



Being
purposeful



Get moving!

How to develop Psychological Flexibility in leaders



Developing Psychological Flexibility in leaders



Leadership coaching



Structured training
courses



Leadership development
programmes



Find out more

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- worklifepsych.com
- PsychologicalFlexibility.com
- worklifepsych.com/SustainableLeadership
- MyPocketPsych.com
- worklifepsych.tv

