



# PLAYER ENGAGEMENT GAME PLAN

## MINDFUL MONDAY

**Week 3 | Monday, April 20, 2020**

Hi all,

Happy Mindful Monday! Welcome to Week 3 of MLS Player Engagement's Game Plan. We hope this newsletter has been a helpful and enjoyable resource for you, and we truly welcome any comments, questions, or suggestions to help make it even better. Drop us a line anytime at [REDACTED].

We hope you've been enjoying Headspace and have begun to experience the benefits of meditation. Hopefully you've gotten into a rhythm of meditation throughout the past weeks. If not, it's never too late to start! Today, we invite you to incorporate mindfulness into your leadership style.

### **Today's Topic: Mindful Leadership**

Whether you're a captain, a rookie, a seasoned veteran, or somewhere in between, you're a leader. Everyone in the world is a leader! Think about it. Each person in the world has a sphere of influence that they impact, however big or small that sphere may be. This sphere of influence presents the opportunity for leadership.

In the locker room, in your family, on social media, or wherever it may be, you lead. This can take the form of active or vocal leadership—such as a captain or coach may exhibit—or you may lead by example. You can lead by example in many ways, such as picking up after yourself in the cafeteria, or by supporting causes you believe in on social media.

One way to maximize your positive impact on people is by cultivating a healthy mind and encouraging others to do the same.

### **Kick It Off**

Take a look at the Headspace article that explores strategies for incorporating [a mindful approach to helping your team through the current global crisis](#). The content is geared towards managers in the workplace, but the principles still apply to all leaders. It spells out strategies for practicing compassionate leadership, specifically in this time of crisis, and emphasizes the importance of sharing clear, precise, and true messaging (think social media).

Think about the people you lead and how you're leading them. What messages do you send, purposefully or otherwise? Are you mindful and intentional in your leadership? Would you encourage others to follow a leader like you?

These are big questions, and don't feel pressured to answer them all ASAP. Growing into who we are meant to be is a lifelong process. And, we believe, building habits to support a well-tended mind is the best way to kick it off.

### **Extra Time**

Speaking of mindful leadership, many of you lead families of your own. In addition to [Headspace's resource for kids](#), check out this [Positive Psychology article](#) for activities and games to promote mindfulness in children and teens.

Stay mindful, my friends.

Best regards,  
MLS Player Engagement

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