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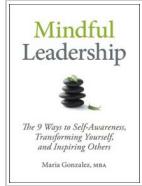
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Maria Gonzalez

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The business consultant and author **Maria Gonzalez** discusses her new book *Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others* (Jossey-Bass, 2012), with Joseph Planta.



Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others by Maria Gonzalez (Jossey-Bass, 2012).

Click to buy this book from Amazon.ca: [Mindful Leadership](#)

Text of introduction by Joseph Planta:

I am Planta: On the Line, in Vancouver at [TheCommentary.ca](#).

Achieving ones potential, being more productive, being resilient, and sustaining a high level of performance are not impossible goals to attain. They are certainly made easier after reading a new book *Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others*. Its author Maria Gonzalez joins me now. She is the founder and president of Argonauta Strategic Alliances Consulting which has worked on numerous strategic alliances in both the private and public sector. She is a veteran of the banking industry having held senior positions at BMO Financial Group, the Royal Bank of Canada, Scotiabank, as well as Crown Life Insurance. She has also taught at McGill in their Desautels Faculty of Management. This is her second book. She previously co-authored *The Mindful Investor*. We'll ask Ms. Gonzalez about the idea of mindfulness, first what it is, and how we can be better leaders. You don't have to be a CEO or a president of a company to glean value from these lessons. Ms. Gonzalez in clear, accessible writing offers great advice. The book is published by Wiley. The website for more is www.argonautaconsulting.com. Please welcome to the *Planta: On the Line* program from Toronto, Maria Gonzalez; Ms. Gonzalez, good morning.

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