



FIRST RESPONDER LEADERSHIP COURSES

The Healthy Brain Leader

How Brain Health Shapes Leadership, Decision-Making, and Team Wellness

Instructor: Dr. Bernard Franklin

Module 4 — Mindfulness, Meditation, & Prayer

Learning Objectives

Participants will:

- Understand why the brain needs quiet.
- Practice thought stopping
- Develop personal reset routines.

Key Concepts

- The brain needs periods of intentional quiet every day.
- Stillness reduces stress and calms the nervous system.
- Meditation, prayer, and mindful breathing help regulate the brain.
- You are not your thoughts—you can choose where your mind goes.
- Even five minutes of quiet can improve clarity, focus, and emotional regulation.

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Leadership Action Guides

What creates the most mental noise for me? _____

My Five Minute Reset Plan

Where? _____

When? _____

How? _____

Leadership Reflection

Great leaders don't simply react—they respond with wisdom and emotional control. That requires creating space to think clearly.

Reflection Questions:

When stress increases, do I respond thoughtfully or react emotionally? _____

What distractions or mental noise prevent me from leading at my best? _____

How can I intentionally build moments of quiet and reflection into each day?

