

The MORNING SHOW

Weekdays from 6am to 9am



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Monday, April 23

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afternoon 2°C

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BOOK: MINDFUL LEADERSHIP - MARIA GONZALEZ

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Mindful Leadership



The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others

Author Maria Gonzalez joins The Morning Show to talk about her new book, Mindful Leadership.

Maria Gonzalez, MBA

Author Maria Gonzalez joins The Morning Show to talk about her new book, Mindful Leadership.

Gonzalez is a 30-year business veteran as a corporate executive and entrepreneur and has worked with more than 70 alliances around the world in the private and public sector.

She also teaches classes, workshops and retreats of Mindfulness Meditation.

Mindful Leadership is Gonzalez's second book, she is the co-author of The Mindful Investor.

Mindful Leadership is a guide to developing a skill that starts with the self – for business people, members of the public service, professionals and anyone else in a position to influence others – one day at a time.

Video segment:

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LATEST SHOWS



APRIL 23, 2012

On today's show: Winner of Toronto Fashion Incubator's Passion for Fashion award, Dylan Uscher gives us a sneak peek into his debut accessories collection, as part of FAT Fashion & Arts Week. Plus; Former executive vice-president of CBC, Richard Stursberg talks about his new book, The Tower of Babble. Also; Naturopathic doctor Meghan Walker joins the show to talk about vitamin supplementation for kids.



APRIL 20, 2012

On today's show: ET Canada host Rick Campanelli joins the show to talk about the latest celebrity news. Plus; Drug policy researcher Alan Cassels us to talk about the effects of prescription drugs on kids. Also; Motivational speaker Jairek Robbins joins The Morning Show to talk about his 'Rapid Results' workshop in Toronto.



APRIL 19, 2012

On today's show: Host of popular TV show 'Colour Confidential', Jane Lockhart gives our viewers some tips and tricks on how colour can transform your wardrobe. Also; Author of The 10 Secrets of Healthy Aging Patrick Holford reveals his tips on how diet and lifestyle can help you look and feel younger. Plus; Record producer and author of True North, Bernie Finkelstein joins the show to talk about his life and career in the music industry.



APRIL 18, 2012

On today's show: Columnist and best-selling author Adria Vasil joins us to talk about her new book *Ecoholic Body*. Also: Author Kyo Maclear will talk about her first children's book, *Virginia Wolf*.



APRIL 17, 2012

On today's show: Host of HGTV Canada's *Decked Out*, Paul Lafrance joins us to talk about the latest in deck design. Also: Toronto-native and indie darling Darrelle London talks about her new album *Eat A Peach*. Plus: One of Toronto's top talent agencies, The Bagg Group's Geoff Bagg gives us his secrets on how to make yourself most attractive in a competitive job market.



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