



**Michael Bunting**  
**Founder, Leadership and Mindfulness Author,**  
**Consultant and Coach**  
**The Mindful Leader**

Michael Bunting is the author of number one bestselling books *The Mindful Leader* and *A Practical Guide to Mindful Meditation*. He co-authored *Extraordinary Leadership in Australia & New Zealand* with Jim Kouzes and Barry Posner, the world's premier researchers and authors in the field of leadership.

He is the founder of Awakened Mind, a premium mindfulness IOS/Android App, and leadership consultancy The Mindful Leader. Michael and his team have worked with some of the world's most prestigious organisations in the area of executive leadership, mindfulness, adult development and scaled culture change.

Several of his clients are award-winning best employers, and his app has been academically researched and proven to produce substantial improvement in key performance areas.

He lives in Sydney, Australia, with his wife and 4 children.