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***IMPACT OF MINDFUL LEADERSHIP ON ORGANIZATIONAL  
RESILIENCE AND PERFORMANCE***



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## ABSTRACT

This study aims to investigate the impact of mindful leadership on organizational resilience and organizational performance in textile sector of Pakistan. This study uses mindful leadership as independent variable. Whereas, organizational resilience and organizational performance are used as the dependent variables to investigate their relationship in textile sector of Pakistan. To assess the relationship, quantitative research method is used. Primary data is collected with the help of structured questionnaire (adopted from previous research studies) using 5-Likert scale. Adopted questionnaire was distributed amongst the employees working in textile sector of Pakistan and 250 responses (sample size finalized through Morgan's Table) were gathered from the respondents through convenience sampling technique. Data collected from the respondents were analyzed through SPSS Software with the help of statistical tests (such as reliability, descriptive frequencies and statistics, correlation and regression analysis). Based on the findings, mindful leadership positively impacts organizational resilience and organizational performance in textile sector of Pakistan. Conclusively, findings of this study prove that positive change in mindful leadership brings a definite increase in organizational resilience and organizational performance in textile sector of Pakistan.

**Key Words:** Mindfulness, Leadership, Mindful Leadership, Organizational Resilience, Organizational Performance, etc.

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# TABLE OF CONTENTS

<b>ABSTRACT</b> .....	3
<b>ACKNOWLEDGEMENT</b> .....	4
<b>Chapter 1</b> .....	9
<b>INTRODUCTION</b> .....	9
<b>1.1 Background of the Study</b> .....	9
<b>1.2 Industry Analysis (Textile Industry of Pakistan)</b> .....	11
<b>1.3 Broad Problem Area</b> .....	11
<i>1.3.1 Problem Statement</i> .....	12
<b>1.4 Research Gap</b> .....	12
<b>1.5 Research Questions</b> .....	13
<b>1.6 Research Objectives</b> .....	13
<b>1.7 Research Significance</b> .....	13
<i>1.7.1 Theoretical Significance</i> .....	13
<i>1.7.2 Practical Significance</i> .....	14
<b>1.8 Definitions of Key Terms</b> .....	14
<b>1.9 Thesis Structure</b> .....	14
<b>Chapter Summary</b> .....	15
<b>Chapter 2</b> .....	16
<b>LITERATURE REVIEW</b> .....	16

<b>2.1 Mindfulness</b> .....	16
<b>2.2 Mindful Leader</b> .....	17
<b>2.3 Organizational Resilience</b> .....	22
<b>2.4 Organizational Performance</b> .....	25
<b>2.5 Mindful Leadership &amp; Organizational Resilience</b> .....	28
<b>2.6 Mindful Leadership &amp; Organizational Performance</b> .....	31
<b>2.7 Theoretical Framework</b> .....	33
<b>2.8 Research Hypotheses</b> .....	34
<b>Chapter Summary</b> .....	34
<b>Chapter 3</b> .....	35
<b>RESEARCH METHODOLOGY</b> .....	35
<b>Introduction</b> .....	35
<b>3.1 Research Design</b> .....	35
<b>3.2 Research Variables</b> .....	35
<b>3.3 Research Philosophy</b> .....	36
<b>3.4 Research Approach</b> .....	36
<b>3.5 Research Strategy</b> .....	36
<b>3.6 Research Nature</b> .....	36
<b>3.7 Research Instrument</b> .....	37
<b>3.8 Unit of Analysis</b> .....	37

<b>3.9 Population</b> .....	37
<b>3.10 Sample Size</b> .....	37
<b>3.11 Sampling Technique</b> .....	38
<b>3.12 Data Collection Procedure</b> .....	38
<b>3.13 Data Analysis Techniques</b> .....	38
<b>Chapter 4</b> .....	40
<b>DATA FINDINGS AND ANALYSIS</b> .....	40
<b>Introduction</b> .....	40
<b>4.1 Data Analysis</b> .....	40
<i>4.1.1 Descriptive Frequencies</i> .....	40
<i>4.1.2 Reliability Analysis</i> .....	42
<i>4.1.3 Descriptive Statistics</i> .....	43
<i>4.1.4 Correlation Analysis</i> .....	43
<i>4.1.5 Regression Analysis</i> .....	44
<b>4.2 Data Findings</b> .....	48
<b>Chapter 5</b> .....	49
<b>CONCLUSION AND RECOMMENDATIONS</b> .....	49
<b>5.1 Discussion</b> .....	49
<b>5.2 Conclusion</b> .....	50
<b>5.3 Limitations</b> .....	50

<b>5.4 Recommendations &amp; Future Research</b> .....	51
<b>REFERENCES</b> .....	52
<b>APPENDIX</b> .....	55