



MINDFUL LEADERSHIP SUMMIT

ATTENDEE FAQ

Hello Mindful Leader,

The 2019 Mindful Leadership Summit is just around the corner, and we are getting everything in order and excited to see you all soon!

Here are answers to the common questions we've been asked over the years to help you as you prepare for your Summit experience. If you have any additional questions please reach out to us at support@mindfulleader.org.

What is the venue address?

- [Grand Hyatt Hotel](#)
1000 H St. NW
Washington, DC, 20001

Where do we park?

- The Grand Hyatt Washington offers valet parking and self-parking services, [click here for details](#). Or you can park in a nearby parking lot for less than \$15 a day. We recommend using SpotHero, [click here](#).

How can I get from Reagan National Airport or Dulles Airport to the hotel?

- The hotel does not provide a shuttle service. The hotel is easily accessible by public transportation, cab/Uber or Lyft, and by car.

Is there a Metro subway stop nearby?

- You can access the Metro Center Station from the lobby of the Grand Hyatt - lines that run through this stop include the Red, Silver, Blue, and Orange. The metro provides access to Dupont Circle, Georgetown, Foggy Bottom, the National Mall, the Smithsonian Institution, the National Gallery of Art, the Pentagon, Rock Creek Park, and Alexandria.

Will you have an early Summit check-in available?

- We'll have early check-in Thursday from 5:00 pm - 7:00 pm at the registration desk on the Declaration Level (1B). Register early to avoid the lines on Friday morning. We will have a meet & greet for attendees during this time, and the founder of the Mindful Leadership Summit will be there if you'd like to say hello.

Where can I find the schedule?

- The Full Schedule including locations and times to be released at a later date

Will there be any food and beverage offered during the conference?

- We will not be providing meals at the Summit. [The hotel has a few dining options available](#). The venue is located close to multiple restaurants. Complimentary tea and coffee will be served throughout the summit.

What is the dress attire for the conferences?

- Casual or business casual.

Will Wi-Fi be available?

- Wi-Fi is available in the hotel lobby area. Wi-Fi will not be available in the session rooms.

Is there a conference hashtag?

- Please feel free to use #MindfulLeader on Facebook, Twitter, Instagram, etc.
 - Our [Twitter](#) handle is @MindfulSummit
 - Like us on [Facebook](#) at @mindfulleader.org

Do I have to sign up in advance for concurrent sessions on Friday and Saturday?

- There is no sign-up required for any sessions during the conference. Seating is limited in the 2nd stage and workshop room.

Room access will be blocked when we are at capacity. Be sure to arrive early if there is a concurrent session that you'd really like to attend.

I hear there will be yoga. Should I bring my mat?

- Please bring your own mat - we will not have mats available. All-level yoga sessions will be Friday and Saturday mornings on the Declaration Level (1B). No signup is necessary.

Will you have a meditation space available throughout the conference?

- There will be a dedicated meditation space available throughout the day on Friday and Saturday on the Constitutional Level (3B). The meditation space will be silent, with cushions and chairs for your use.

Do I need to print my ticket? How do I check-in?

- You do not need to print your ticket, just be sure to pick up your name tag at the registration desk.

If I purchased a 3-day or 4-day pass how do I know what intensive I signed up for?

- There is no sign up for Thursday's unconference.
- Saturday you will have the ability to reserve a spot at one of the workshops on a first come first served bases.

How can I add the unconference or workshop to my ticket?

- Please contact us at support@mindfulleader.org to update your ticket preference.
- You will also have the option to update your ticket at the summit.

Do you offer CEUs (continuing education units)?

- We do not offer CEUs.

If you have any further questions, please feel free to send us an email at support@mindfulleader.org

Warmly,
The Mindful Leader Team