



MINDFUL
LEADER

BRING MINDFULNESS
TO WORK



Join 30+ leading experts at the
2019 Mindful Leadership Summit

Washington, DC
November 14 - 17

EVENT SUMMARY

Over the last 6 years, this annual event has brought together 3,540 leaders from over 34 countries. The Summit will include keynote talks, panel discussions, interactive workshops, practices, mindful movement, and plenty of opportunities to share and connect. Attendees will learn from the experts about how to be a better leader, transform workplace culture, improve a team's health & performance, and create a thriving people-centric organization. The Summit will be spread across 4 content-rich and experiential days, November 14 - 17 in Washington, DC at the Grand Hyatt Hotel.

SCHEDULE AT A GLANCE

THURSDAY, NOVEMBER 14

Unconference Day

9:00 AM - 4:00 PM

Attendees will be divided into peer groups. Presentations and roundtable conversations will be determined by the group and attendee driven.

SATURDAY, NOVEMBER 16

Summit Day 2

8:00 AM - 6:00 PM

Keynotes, talks, case studies, practice sessions, morning meditations, embodiment, connection, and networking opportunities.

FRIDAY, NOVEMBER 15

Summit Day 1

8:00 AM - 6:00 PM

Keynotes, talks, case studies, practice sessions, meditation, embodiment, connection, and networking opportunities.

SUNDAY, NOVEMBER 17

Workshops

9:00 AM - 4:00 PM

Select one morning and one afternoon 3-hour workshop led by experts. Workshop options to be announced.

FRIDAY & SATURDAY SESSION TITLES

ORGANIZATIONAL LEADERS & EXECUTIVES

Case Study: Mindfulness@ EnPro - A Mindful, Publicly Traded, Manufacturing Company
Marvin Riley & Susan Sweeney

Case Study: Mindfulness@ IBM - Building a Resilience Program with the Mind at Its Core
Sallyanne Oettinger

Case Study: Mindfulness@ Novartis - A Fortune 500's Journey to Mindfulness
Dr. Urs Karkoschka & Julien Remond

Case Study: Mindfulness@ The U.S. Humane Society
Laleh Eshkevari

Case Study: Mindfulness@ NYCDOE - The Emergence of Mindfulness in Public Education
Barnaby Spring

Mindfulness & Sport Psychology for Elite Performers
Mark Campbell

Case Study: Mindfulness@ Federal Law Enforcement & Immigration - Cultivating Mindfulness, Resilience & Well-being
Michelle Maldonado, Dr. Scott Salvatore, Dimple Dhabalia, and Joseph Glaser-Reich

Case Study: Mindfulness@ USDA Forest Service - Spreading like Wildfire
Michelle Reugebrink

Case Study: Mindfulness@ Microsoft - An Internal Champion's Pursuit of Scaling Mindfulness Worldwide
Charles Morris

Case Study: Mindfulness@ The U.S. Senate
Kristin Welsh-Simpson

THOUGHT LEADERS

The Way of the Healthy Deviant Leader
Pilar Gerasimo

Mindfulness-Informed Change Management
Wendy Quan

How Mindfulness Creates a Thriving Positive Organization: The 3 Key Psychological Factors to Success
Emiliya Zhivotovskaya, MAPP, PCC, ERYT

Applications of Science to Mindfulness: Exploring Scientific Research & Applications that Optimize Work Performance & Well-being
Peter Weng

Launching, Measuring & Sustaining Mindfulness Solutions in Organizations
Rich Fernandez, PhD

Compassionate Leadership: Unlocking Personal Truths to Harness Organizational Potential
Dr. Barbara Vacarr

Don't Miss Out on Happiness: Using Mindfulness to See through the Mirages that Sabotage Us
James Flaherty

TEACHERS & PRACTICE EXPERTS

Opening the Breath & Finding Your Emotions
Max Strom

Trauma-Sensitive Mindfulness: Learn how to Recognize Trauma, Respond Skillfully, and Prevent Retraumatization
David Treleaven, PhD

Overcoming the Existential Anxiety of Leadership Success: Reconnecting with Our Essential Wholeness
Richard Miller, PhD

Neuro-Somatic Meditation: A Uniquely Embodied Approach to Mindful Self-Regulation
Fleet Maull, PhD

Activating Flow for High Impact Performance
Cara Bradley

Introducing Effortless Mindfulness: An Advanced, Yet Simple Method for Living in Flow
Loch Kelly

Harnessing Resonance for Leading with Greater Impact and Effortless Effort
Ginny Whitelaw, PhD

PROFESSORS & RESEARCHERS

The Neuroscience of Perception & Self Awareness - Anil Seth, PhD

From McMindfulness to Integral Social Mindfulness: Taking a Stand for Both Personal and Social Transformation
David Forbes, PhD

The Implications of Langerian Mindfulness for Creative Leadership
Sayyed Mohsen Fatemi, PhD

Workplace Mindfulness: What are the actual Benefits according to the Latest Science?
Christopher Lyddy, PhD & Darren Good, PhD

How Can Mindfulness Workplace Programs Avoid Legal & Ethical Challenges?
Candy Brown, PhD

SUNDAY WORKSHOP TITLES & DESCRIPTIONS

MORNING WORKSHOPS

9:00 am - 12:00 pm

Mental Mastery Skills for Resilience

Emiliya Zhivotovskaya

Bounce Back Better® (B3) is a resilience training program that teaches the key skills and theories that people need to be more effective and adaptive in the world. You will learn how to help yourself and others gain mastery over their minds through powerful and practical reframes and lots of hands-on practice. Learn to build a growth mindset as the foundation for all resilience. Earn a certificate of course completion in mental resilience skills from The Flourishing Center that will be mailed to you after the training.

Cultivating Happiness: 5 Meditation Practices

James Flaherty

You will learn about the causes and conditions that bring about real happiness, and how the ways in which you are currently living might be getting in the way of that. Most importantly you will learn about and practice five proven methods of meditation that will give you direct contact with an experience of happiness.

The Way of Effortless Mindfulness: Learn This Unique Form of Open-Eyed Meditation

Loch Kelly

What if you could open into a natural flow of wisdom, compassion, and joy at any moment? This possibility is closer than you might imagine. Rather than concentrating to calm and focus your mind, we will learn to intentionally shift into open-hearted awareness, which is already calm, loving, and effortlessly mindful. Loch will share his unique integration of wisdom practices, neuroscience, and psychological research that supports awakening as the next natural stage of human development.

Mindfulness Facilitation: Best Practices for Workplace Mindfulness Implementation

Wendy Quan

Attend this information-packed sample of Mindful Leader's Mindfulness Facilitator Certification training. You will learn some of the best practices for workplace mindfulness implementation and growth. Including how to make a business case for workplace mindfulness, how to increase participation, how to run an information session to get people interested in mindfulness, and best practices for leading a guided meditation.

AFTERNOON WORKSHOPS

1:00 pm - 4:00 pm

Seven Practices of a Mindful Leader

Marc Lesser

This will be a highly interactive and engaging session, including meditation, journal writing, small group, and large group discussions. We'll explore how the inner work of mindfulness and self-awareness meets the outer work of leadership and business as forces for positive change and results in that matter. You'll learn how to cultivate your leadership presence, thrive in the midst of change and challenges, improve focus and flexibility, cultivate greater self-awareness and resilience, and increase engagement, collaboration, and well-being.

Greater Impact, Less Effort: Leadership & The Art of Resonance

Ginny Whitelaw, PhD

This practical, experiential session will explore how resonance underlies all change, including change in us and change we would lead. You'll come away with practices that help you become a more powerful and effective instrument of leadership. You'll learn how to work with breath, voice, and 4 energy patterns in the nervous system that help you sense and co-create with the people and energy around you. You'll also have a chance to apply resonance to a real leadership situation you're facing, and experience a form of Zen meditation that leads to a fundamental shift in how you resonate.

Discover the Key to Leadership Transformation: Recovering Essential Wholeness and Healing the Soul

Richard Miller, PhD

In this workshop, you will explore six central inquiries that enable you to recognize and recover your essential wholeness, heal injuries to your soul, and open to the next stage of your human development. Learn how to recognize and embody your personal identity with not just your body, mind, and personality, but also with your ontological being-presence-essence. As a result, you'll be ready for the next phase of ego development as a leader.

Cultivating Happiness: 5 Body-based Somatic Practices

James Flaherty

You don't have to wait for the ideal situation, the perfect job, the magical relationship to feel happy. You can learn how to cultivate a mind and body of happiness through direct effective practice. In this workshop, you will learn how to do various practices of happiness by trying them out and receiving gentle, helpful feedback.

REGISTRATION INFORMATION

ONLINE www.mindfulleader.org/2019-mindful-leadership-summit

EMAIL info@mindfulleader.org

PRICING	FINAL DISCOUNT (expires Oct 25th)	REGULAR
2-day ticket	\$699	\$899
3-day ticket + Thursday Unconference	\$849	\$1199
3-day ticket + Sunday Workshops	\$849	\$1199
4-day ticket	\$997	\$1497

LOCATION

Grand Hyatt Hotel
1000 H St NW
Washington, DC 20001

RETURN POLICY

Tickets are fully refundable until October 17th. Afterward, tickets are non-refundable. Tickets can be transferred to another person at any time.