

MINDFUL LEADERSHIP SUMMIT 2019



NOVEMBER 14 - 17
WASHINGTON, DC

THURSDAY - November 14, 2019

Time	Speaker	Session	Location
8:00 - 9:00 am	Registration	Registration is Open	Grand Foyer
9:00 - 4:00 pm	Attendee-Driven	Full Day Unconference	
5:00 - 7:00 pm	All Attendees	Early Registration and Meet & Greet Registration and meet other attendees.	Grand Foyer

FRIDAY - November 15, 2019

Time	Speaker	Session	Location
6:30 - 8:30 am	Registration	Registration is Open	Registration Desk
7:00 - 7:30 am	Flow Yoga	Yoga for All Levels Bring your own mat.	Declaration A/B

7:00 - 7:30 am	Fleet Maull, PhD	Morning Meditation	Arlington Room
7:00 - 7:30 am	Mo Edjlali	Summit Orientation & Introduction to Mindfulness at Work	Second Stage
8:00 - 9:45 am	Mo Edjlali Anil Seth, PhD Pilar Gerasimo	Welcome & Morning Keynotes The Neuroscience of Perception & Self-Awareness Explore how neuroscience, AI, and philosophy are shaping a powerful new view of perception and self-awareness. Understand the implications of this perspective on consciousness for medicine, technology, and the role of humans in the natural world. The Way of the Healthy Deviant Leader Master the renegade act of Healthy Deviance to be energized, radiant, and resilient in a culture where most people are burnt out and just getting by. Dive deeper into the 3 nonconformist competencies: amplified awareness, preemptive repair, and continuous growth & learning.	Main Stage
9:45 - 10:15 am	Break	Break with Tea & Coffee	
10:15 - 11:00 am	Urs Karkoschka, PhD & Julien Remond	Case Study: Mindfulness@ Novartis - A Fortune 500's Journey to Mindfulness The pharma giant Novartis (with over 120,000 employees) is in the middle of a global journey to embed mindful behavior into their cultural transformation. This interview will provide a behind-the-scenes look at what is arguably one of the most ambitious Organizational Development projects internationally.	Main Stage
10:15 - 11:00 am	Michelle Maldonado, Dr. Scott Salvatore, ABPP, Joseph Glaser-Reich, MAPP, and Dimple Dhabalia	Case Study: Mindfulness@ Federal Law Enforcement & Immigration - Cultivating Mindfulness, Resilience & Well-being Discover how these leaders designed and launched an inter-agency mindfulness initiative for government employees across the federal law enforcement and immigration communities to help cultivate resilience and well-being for men and women in national service.	Second Stage
11:00 - 11:15 am	Break	Break	
11:15 - 12:00 pm	Peter Weng	Scientific Rigor at Scale: Applying the Science of Well-being Originating from Dr. Richard Davidson's pioneering research of applying neuroscience to study the impacts of mindfulness, Healthy Minds Innovations (HMI) draws upon 40+ years of scientific study of the mind to disseminate practices that enhance mental well-being and performance. Discover the journey of HMI in translating scientific findings into broadly accessible practices and a digital platform to support the development of focus, compassion, and resilience.	Main Stage
11:15 - 12:00 pm	Sallyanne Oettinger	Case Study: Mindfulness@ IBM - Building a Resilience Program with the Mind at Its Core IBM is committed to the continuous journey of developing resilience at every level – as individuals, leaders, teams and as a global organization. In this session, you will get an up-close	Second Stage

		look at how IBM is redesigning their resilience offerings to incorporate the core concepts of mindfulness, and how they're positioning resilience as an enabler of key strategic business initiatives.	
12:00 - 1:00 pm	Lunch Break	Lunch Break	
1:00 - 1:30 pm	Mark Campbell	Mindfulness & Sport Psychology for Elite Performers On any given day we face countless distractions pulling our focus away from what is most important. Learn techniques developed and tested with organizations including the Washington Nationals, grounded in both mindfulness and sport performance psychology that have helped elite performers stay "locked in."	Main Stage
1:00 - 1:30 pm	Patti Coan	Case Study: Mindfulness@ Humana - 25% More Mindful Learn about Humana's evolution around embodying the wisdom needed to work authentically through the power of reflection and practice. Of over 40,000 employees, 10,000 have opted into the grass roots mindfulness culture at Humana. You will leave this session with ideas to create or enhance approaches to mindfulness at work.	Second Stage
1:00 - 1:30 pm	Michelle Reugebrink	Hatha Yoga & Mindful Movement Experience the many ways, some quite subtle, in which perspective of the body, thoughts, and sense of self can change when different postures are adopted in an intentional and meaningful way. Learn how to cultivate full attention of a moment while practicing this form of mindful movement that enriches one's experience and decreases stress.	Workshop Room
1:30 - 1:45 pm	Break	Break	
1:45 - 2:15 pm	Charles Morris	Case Study: Mindfulness@ Microsoft - An Internal Champion's Pursuit of Scaling Mindfulness Worldwide Hear about the lessons learned, important realities, and opportunities faced when a former engineer transitions into scaling mindfulness for the competitive business environment at Microsoft.	Main Stage
1:45 - 2:15 pm	Michelle Reugebrink	Case Study: Mindfulness@ USDA Forest Service - Spreading like Wildfire Learn how the United States Forest Service is using mindfulness to decrease stress and assist responders through high-stakes decision-making with the potential for life or death consequences.	Second Stage
1:45 - 2:15 pm	Mark Campbell	Be at Your Best When it Matters Most A practice session combining techniques from the fields of sport psychology and mindfulness. Learn how to prepare yourself mentally and emotionally for any upcoming performances.	Workshop Room
2:15 - 2:30 pm	Break	Break	

2:30 - 3:00 pm	Kristin Welsh-Simpson	<p>Case Study: Mindfulness@ The U.S. Senate</p> <p>This talk will highlight the whys, hows and current status of a nationwide mindfulness program launched at the Senate two years ago. You will learn about delivering a product that is not being asked for, sustaining a program in a resistant environment, and laying the foundation for culture change.</p>	Main Stage
2:30 - 3:00 pm	Max Strom	<p>The Power of Breathing Patterns: End Anxiety and Re-inspire</p> <p>With the rise of stress and anxiety in the world that is stifling happiness, meaning, and connection with each other, it might seem that something as simple as breathing patterns couldn't possibly help. In this session, you will learn how scientific research and experience with tens of thousands of people around the world has found that utilizing conscious breathing patterns for a few minutes every day is the most productive approach for creating immediate relief from stress, anxiety, and depression.</p>	Second Stage
2:30 - 3:00 pm	Cara Bradley	<p>Get to Know Your Optimal Body-Brain States</p> <p>If you want to consistently feel and perform your best at work and in life, you'll want to consistently experience your body and mind in optimal states. In this workshop, you will learn the components of body-brain coherence and practices that will help you quickly shift from frazzled to focused and from chaos to clear and calm.</p>	Workshop Room
3:00 - 3:30 pm	Break	Break with Tea & Coffee	
3:30 - 4:00 pm	Richard Miller, PhD	<p>Overcoming the Existential Anxiety of Leadership Success: Reconnecting with Our Essential Wholeness</p> <p>Explore the next stage of human development that leads to embodying undivided wholeness whereby you can recognize your identity as not just with your body, mind and personality, but also with your ontological being-presence-essence.</p>	Main Stage
3:30 - 4:00 pm	Cara Bradley	<p>Activating Flow at Work for High Impact Performance</p> <p>This session is designed to introduce you to "flow," your optimal state of awareness where creativity flourishes and performance skyrockets. Discover how working in flow contributes to increased focus, faster decision-making and greater satisfaction. Learn how to schedule peak moments into your work day with psychological and physiological strategies and practices.</p>	Second Stage
3:30 - 4:00 pm	Max Strom	<p>Opening the Breath and Finding Your Emotions</p> <p>Discover how to use your breath to penetrate, invigorate, and heal. Experience how breathwork can lead to profound release, a sense of calm, increased energy, and mental clarity. This practice session will include, simple but high impact breathing exercises; very gentle breath-initiated movement, and a guided visualization.</p>	Workshop Room
4:00 - 4:15 pm	Break	Break	

4:15 - 4:45 pm	Sayyed Mohsen Fatemi, PhD	The Implications of Langerian Mindfulness for Creative Leadership Hear a recondite analysis of Langerian mindfulness versus meditation-based mindfulness, and learn the psychological implications for creative leadership and heightened performance. Explore the underlying components of mindless leadership and discuss how the implementation of Langerian mindfulness would facilitate the process of enhancing mindful leadership.	Main Stage
4:15 - 4:45 pm	Barnaby Spring	Case Study: Mindfulness@ NYCDOE - The Emergence of Mindfulness in Public Education Learn to move past the "woulda," "coulda," and "shoulda" of how mindfulness has been propagated in American culture as well as its current state, and consider the possibilities of mindfulness and related contemplative and integrative practices as a holistic foundation for everyone's social, emotional, academic and leadership learning in a public space. You will leave with a sense of what the next steps are for mindfulness in public education in the United States.	Second Stage
4:15 - 4:45 pm	Richard Miller, PhD	Embodying Essential Wholeness Explore six central inquiries that enable individuals to recover and identify with their essential wholeness. Learn how to recognize and embody your identity with not just your body, mind and personality, but also with your ontological being-presence-essence.	Workshop Room
4:45 - 5:30 pm	Break	Break	
5:30 - 7:00 pm	All Attendees	Welcome Reception Cash bar and live music.	Grand Foyer

SATURDAY- November 16, 2019

Time	Speaker	Session	Location
6:30 - 8:30 am	Registration	Registration is Open	Registration Desk
7:00 - 7:30 am	Flow Yoga	Yoga for All Levels Bring your own mat.	Declaration A/B
7:00 - 7:30 am	Michelle Maldonado	Morning Meditation	Arlington Room
8:00 - 9:45 am	Mo Edjlali Marvin Riley &	Welcome & Morning Keynotes Case Study: Mindfulness@ EnPro - A Mindful, Publicly Traded, Manufacturing Company	Main Stage

	<p>Dr. Susan Sweeney</p> <p>Candy Gunther Brown, PhD, Rich Fernandez, PhD, David Forbes, PhD, and Barnaby Spring</p>	<p>EnPro Industries is a publicly-traded company that embodies a dual bottom line philosophy with its 6000+ employees. Learn how EnPro is using mindfulness throughout its global operations to increase mental, emotional and physical agility in order to create shareholder value and an amazing place to work.</p> <p>The Critics and the Pioneers: Capitalism, Religion, Ethics, and the Future of Mindfulness David Forbes, one of the most vocal critics of the state of mindfulness and the threat of McMindfulness, and Candy Gunther Brown, expert witness in four legal disputes against mindfulness in public-schools, will be in discussion with Barnaby Spring, who is leading one of the largest Mindfulness in Education programs in the world for the NYC Department of Education and Richard Fernandez who helped launch the Search Inside Yourself program at Google and now runs SIYLI.</p>	
9:45 - 10:15 am	Break	Break with Tea & Coffee	
10:15 - 11:00 am	Emiliya Zhitovskaya, MAPP, PCC	<p>How Mindfulness Creates a Thriving Positive Organization: The 3 Key Psychological Factors to Success</p> <p>With increased global volatility, companies rely on a strong positive organizational culture and a resilient workforce to thrive. Learn how to use the science of Positive Psychology to build your team's creative, social, mental and emotional capital. And discover how mindfulness practices can drive the psychological factors which lead to success.</p>	Main Stage
10:15 - 11:00 am	Loch Kelly	<p>Introducing Effortless Mindfulness: An Advanced, Yet Simple Method for Living in Flow</p> <p>Discover this simple, yet advanced form of mindfulness which has only recently been made available to us. Effortless mindfulness is best for daily work and home life because it is practiced with eyes open in "small glimpses". Effortless mindfulness can lead you into an embodied "flow state" of optimal functioning that is creative and joyful.</p>	Second Stage
11:00 - 11:15 am	Break	Break	
11:15 - 12:00 pm	James Flaherty	<p>Don't Miss Out on Happiness: Using Mindfulness to See through the Mirages that Sabotage Us</p> <p>Learn meditation and somatic practices that bring you directly into the present moment, the only one in which happiness is possible. You will experience methods for cutting through culturally distorted beliefs around happiness, discover how you might be sabotaging your happiness, and learn ways to bring about the conditions for happiness in others.</p>	Main Stage
11:15 - 12:00 pm	Rich Fernandez, PhD	<p>Launching, Measuring and Sustaining Mindfulness Solutions in Organizations</p> <p>Focus on how to effectively deliver and sustain mindfulness solutions in sector-diverse organizations, including businesses, government agencies, educational, healthcare and non-profit institutions. Hear about how to present the business case, scientific foundations and</p>	Second Stage

		best practices for mindfulness solutions in organizations. And discover the ways to measure and sustain mindfulness practices in organizations.	
12:00 - 1:00 pm	Lunch Break	Lunch Break	
1:00 - 1:30 pm	Dr. Barbara Vacarr	Compassionate Leadership: Unlocking Personal Truths to Harness Organizational Potential Our stories reveal our strengths and vulnerabilities; honoring and celebrating individual narratives forge uncommon and powerful bonds. Discover how unlocking personal truths can harness the untapped power of the people on your team, fostering enthusiasm, loyalty, and a deeper commitment to shared goals. Learn how from the lessons learned leading a nonprofit organization during an intentional cultural evolution.	Main Stage
1:00 - 1:30 pm	Laleh Eshkevari	Case Study: Mindfulness@ The U.S. Humane Society Discover how the Human Society is incorporating mindfulness to further their mission to create a humane and sustainable world for all animals. Learn more about how the organization is creating a mindful culture in a non-profit purpose-driven organization.	Second Stage
1:00 - 1:30 pm	Loch Kelly	Practicing Effortless Mindfulness Experience this simple, yet advanced form of mindfulness. It is practiced in small glimpses with eyes open during the day. You will learn different short mindful glimpses that shift you out of your chattering mind and into your optimal mind which has a balance of peace, creativity, flow and joy.	Workshop Room
1:30 - 1:45 pm	Break	Break	
1:45 - 2:15 pm	Marc Lesser	Seven Practices of a Mindful Leader 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 that matter. Learn how to cultivate 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.	Main Stage
1:45 - 2:15 pm	Fleet Maull, PhD, CMT-P	A Neuro-Somatic Approach to Activating Interoceptive Awareness for Enhanced Self-Regulation and Self-Leadership Given the serious social, economic, political and environmental challenges we face today, especially the potential for significant economic and social disruption caused by climate change, individual and collective resilience may become one of our highest priorities. In this session, you will learn the physiology and neurobiology underlying a deeply embodied approach to meditation called Neuro-Somatic Mindfulness (NSM) [™] , and how developing the capacity for self-regulation and self-leadership on entirely new levels could be the key to social resilience in perilous times.	Second Stage

1:45 - 2:15 pm	Emiliya Zhivotovskaya, MAPP, PCC	<p>How to Ground – Anytime. Anywhere.</p> <p>Without a ground wire to your outlet you could trip up the circuit breaker. The pace of modern day life keeps many of us "tripped up" - navigating stress, decisions, multitasking, rushing and more. Learn mindfulness practices to ground yourself and others to feel maximally engaged, while calm, energized and focused.</p>	Workshop Room
2:15 - 2:30 pm	Break	Break	
2:30 - 3:00 pm	Darren Good, PhD & Christopher Lyddy, PhD	<p>Workplace Mindfulness: What are the Actual Benefits according to the Latest Science?</p> <p>Mindfulness has quickly become a common component of workplace training and development. The rapid growth of the industry has been fueled by claims of wide-ranging benefits, including better leadership, teamwork and overall performance. While there are an increasing number of rigorous studies advancing these claims, confidence in the benefits of mindfulness for work has outpaced the actual evidence. This session will offer a state-of-the-art picture of mindfulness at work to support leaders and practitioners.</p>	Main Stage
2:30 - 3:00 pm	Ginny Whitelaw, PhD	<p>Leadership that Resonates – the Key to Making a Difference</p> <p>In a noisy, disruptive, often dysfunctional world, it can be hard to be heard or know how to make a difference. Discover how mastering the surprisingly simple principles of resonance will help you to better manage change, live your most significant life, and reshape relationships at work.</p>	Second Stage
2:30 - 3:00 pm	Fleet Maull, PhD	<p>Neuro-Somatic Meditation: A Uniquely Embodied Approach to Mindful Self-Regulation</p> <p>This guided practice session will integrate methodologies and insights from classic forms of mindfulness-awareness meditation including both focused attention and various open awareness approaches with current findings in neuroscience regarding these techniques and our capacity for internal sensory awareness (interoception) within the body. This practice will help you strengthen your capacity for presence, availability, connectedness, emotional awareness and resilience as leaders.</p>	Workshop Room
3:00 - 3:30 pm	Break	Break with Tea & Coffee	
3:30 - 4:00 pm	David Treleaven, PhD	<p>Trauma-Sensitive Mindfulness: Learn how to Recognize Trauma, Respond Skillfully, and Prevent Retraumatization</p> <p>Emerging research suggests that mindfulness interventions can help or hinder trauma survivors, raising a crucial question for those offering mindfulness practices: How do you minimize the potential dangers of mindfulness for survivors while leveraging its powerful benefits at the same time? Designed for anyone offering mindfulness practices, this session will equip you with the tools you need to offer mindfulness in a safe, effective, trauma-sensitive way.</p>	Main Stage
3:30 - 4:00 pm	Candy Gunther Brown, PhD	<p>How Can Mindfulness Workplace Programs Avoid Legal & Ethical Challenges?</p> <p>Learn what the most common objections to public-school yoga, mindfulness, and other</p>	Second Stage

		meditation programs—and recommend best practices to relieve concerns are from an expert witness in four legal disputes. This talk will help program leaders to understand the perspectives of Christian protesters; criticisms of scientific research designs; and charges of cultural appropriation and cultural imperialism.	
3:30 - 4:00 pm	Ginny Whitelaw, PhD	Harnessing Resonance for Leading with Greater Impact and Effortless Effort Discover how resonance is the key principle of all change and how you can better harness it as a leader. Learn how to change your own resonance and the impact you have on others. You'll also come away with 2 practices you can apply daily to lead with greater energy, wisdom, and resilience.	Workshop Room
4:00 - 4:15 pm	Break	Break	
4:15 - 4:45 pm	Wendy Quan	Mindfulness-Informed Change Management Learn how mindfulness was used at Pacific Blue Cross in a sustainable program that lasted over 6 years, and discover how to combine mindfulness with change management in order to create a better experience of change in workplaces.	Main Stage
4:15 - 4:45 pm	David Forbes, PhD	From McMindfulness to Integral Social Mindfulness: Taking a Stand for Both Personal and Social Transformation Hear about an integral, socially conscious mindfulness, an emergent perspective and practice that sees mindful personal development as inseparable from identifying and challenging social and educational inequities with others, and through the commitment to social justice, helps us create an evolved, compassionate society for all.	Second Stage
4:15 - 4:45 pm	David Treleaven, PhD	Finding Your Anchor: A Trauma-Sensitive Meditation Practice This trauma-sensitive meditation session will involve working with multiple anchors of attention as a way to cultivate mental stability and a sense of self-connection.	Workshop Room
4:45 - 5:00 pm	Break	Break	
5:00 - 5:30 pm	Mo Edjlali	Closing Remarks & Wrap-up	Main Stage

SUNDAY - November 17, 2019

Time	Speaker	Session	Location
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8:00 - 9:00 am	Registration	Registration is Open	Registration Desk
9:00 - 12:00 pm	James Flaherty	<p>Cultivating Happiness: 5 Meditation Practices</p> <p>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.</p>	
9:00 - 12:00 pm	Emiliya Zhivotovskaya, MAPP, PCC	<p>Mental Mastery Skills for Resilience</p> <p>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.</p>	
9:00 - 12:00 pm	Loch Kelly	<p>The Way of Effortless Mindfulness: Learn This Unique Form of Open-Eyed Meditation</p> <p>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.</p>	
9:00 - 12:00 pm	Wendy Quan	<p>Mindfulness Facilitation: Best Practices for Workplace Mindfulness Implementation</p> <p>Learn 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.</p>	
12:00 - 1:00 pm	Lunch Break	Lunch Break	
1:00 - 4:00 pm	James Flaherty	<p>Cultivating Happiness: 5 Body-based Somatic Practices</p> <p>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.</p>	
1:00 - 4:00 pm	Richard Miller, PhD	<p>Essence, Creativity & True Leadership: Deep Truths, Simple Actions</p> <p>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.</p>	

1:00 - 4:00 pm	Ginny Whitelaw, PhD	<p>Greater Impact, Less Effort: Leadership & The Art of Resonance</p> <p>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.</p>	
1:00 - 4:00 pm	Marc Lesser	<p>Seven Practices of a Mindful Leader</p> <p>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.</p>	