

Speaker	Session	Category
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.	Case Studies: Public insitutions & non-profits
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.	Case Studies: Public insitutions & non-profits
Kristin Welsh-Simpson	Case Study: Mindfulness@ The U.S. Senate 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.	Case Studies: Public insitutions & non-profits
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.	Case Studies: Public insitutions & non-profits
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.	Case Studies: Public insitutions & non-profits
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.	Case Studies: Publicly traded companies
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 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.	Case Studies: Publicly traded companies
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.	Case Studies: Publicly traded companies

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.	Case Studies: Publicly traded companies
Marvin Riley & Dr. Susan Sweeney	Case Study: Mindfulness@ EnPro - A Mindful, Publicly Traded, Manufacturing Company 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.	Case Studies: Publicly traded companies
Pilar Gerasimo	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.	Mindful Leadership
Richard Miller, PhD	Overcoming the Existential Anxiety of Leadership Success: Reconnecting with Our Essential Wholeness 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.	Mindful Leadership
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.	Mindful Leadership
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.	Mindful Leadership
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.	Mindful Leadership
Ginny Whitelaw, PhD	Leadership that Resonates – the Key to Making a Difference 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.	Mindful Leadership

Emiliya Zhivotovskaya, 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>	Mindful Workplace Culture
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 best practices for mindfulness solutions in organizations. And discover the ways to measure and sustain mindfulness practices in organizations.</p>	Mindful Workplace Culture
Wendy Quan	<p>Mindfulness-Informed Change Management</p> <p>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.</p>	Mindful Workplace Culture
Mark Campbell	<p>Mindfulness & Sport Psychology for Elite Performers</p> <p>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."</p>	Mindfulness, Meditation, & Psychology
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>	Mindfulness, Meditation, & Psychology
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>	Mindfulness, Meditation, & Psychology
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>	Mindfulness, Meditation, & Psychology

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>	Mindfulness, Meditation, & Psychology
Fleet Maull, PhD, CMT-P	<p>A Neuro-Somatic Approach to Activating Interoceptive Awareness for Enhanced Self-Regulation and Self-Leadership</p> <p>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)TM, 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.</p>	Mindfulness, Meditation, & Psychology
Candy Gunther Brown, PhD, Rich Fernandez, PhD, David Forbes, PhD, and Barnaby Spring	<p>The Critics and the Pioneers: Capitalism, Religion, Ethics, and the Future of Mindfulness</p> <p>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 Rich Fernandez who helped launch the Search Inside Yourself program at Google and now runs SIYLI.</p>	Risks & Considerations
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>	Risks & Considerations
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 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.</p>	Risks & Considerations
Mo Edjlali	Summit Orientation & The State of Mindfulness at Work	Risks and Considerations
David Forbes, PhD	<p>From McMindfulness to Integral Social Mindfulness: Taking a Stand for Both Personal and Social Transformation</p> <p>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.</p>	Risks and Considerations

Anil Seth, PhD	<p>The Neuroscience of Perception & Self-Awareness</p> <p>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.</p>	Science
Peter Weng	<p>Scientific Rigor at Scale: Applying the Science of Well-being</p> <p>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.</p>	Science
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>	Science