

2015 LEADERSHIP INSTITUTE SALT LAKE CITY, UTAH

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HOSTED BY
THE UTAH DIVISION OF
ARTS & MUSEUMS

Mindful Leadership

October 9, 2015

Presenter: Laura S. Smith, CFRE, National Assembly of State Arts Agencies

Resources

[*Mindful Work: How Meditation Is Changing Business from the Inside Out*](#), by David Gelles

This book, by a *New York Times* and former *Wall Street Journal* reporter, offers evidence, science and real-world examples of how mindfulness benefits the many companies that have adopted it.

[*Real Happiness at Work*](#), by Sharon Salzberg

Salzberg is a meditation teacher, author and cofounder of the Insight Meditation Society in Barre, Massachusetts. This book addresses how to incorporate mindfulness and meditation practices at work.

[*Awake at Work*](#) and [*The Mindful Leader*](#), by Michael Carroll

Carroll is a meditation teacher, executive coach and corporate director whose books offer principles and practices to revitalize our relationship with work, cultivate better understanding of ourselves and others at work, and lead groups and organizations more effectively.

[*A Mindful Nation*](#), by Congressman Tim Ryan

Ryan offers a good overview of mindfulness and its benefits to many sectors of American society, including education, health care and veterans' affairs. Also, check out this September 2015 [interview](#) with the congressman, published by *Mindful* magazine.

[mindful: taking time for what matters](#)

This organization/website offers all kinds of resources, including blogs, videos, sections on [mindfulness at work](#), updates on the science of mindfulness, *Mindful* magazine and

Getting Started

If you're new to mindfulness, or want a quick overview, start here:

Janice Marturano, former General Mills attorney and executive, is a pioneer in workplace mindfulness. In this article, [Finding the Space to Lead](#) (based on her book of the same name), she considers the challenges leaders face today and why cultivating mindfulness is so important.

Harvard Business Review has published many articles on mindfulness in recent years. This one, [Mindfulness Can Literally Change Your Brain](#), reviews some of the latest science, which provides strong evidence for how mindfulness supports and improves executive leadership.

The Association for Talent Development published this great introduction called [Practicing Mindful Leadership](#).

more. Other websites, such as Headspace.com and Whil.com, offer mindfulness training and education.

[Can One Man Save American Business?](#) by Dorian Rolston, *Psychology Today*, August 2013. A good profile of Hitendra Wadhwa, a business professor at Columbia University who teaches and advocates for mindfulness as an essential component of great leadership.

[The Science of Mindfulness: A Research-Based Path to Well-Being](#), The Great Courses, taught by Professor Ronald D. Siegel, Psy.D., Harvard University

The [Center for Investigating Healthy Minds](#) at the University of Wisconsin-Madison was founded by neuroscientist Richard J. Davidson. The center conducts research that has revolutionized our understanding of the mind, our emotions, and how to cultivate well-being for ourselves and others.

The [Greater Good Science Center](#) at the University of California-Berkeley sponsors research in well-being and offers resources to help people apply that research to their professional and personal lives.

Remindfulness is an app that sends reminders to your device to help you integrate mindfulness into your busy day. The messages are beautiful, and you can also create and add your own.

Stop, Breathe & Think is an app offered by Tools for Peace, a California based nonprofit that inspires people of all ages to develop kindness and compassion.

Take a Break! app features two popular meditations from the Meditation Oasis podcast. You can listen with or without music or nature sounds.

Meditation Timer is a basic, free little app that helps support your practice. There's no narration, just a timer so you can focus on meditation without worrying about the time.