



**MINDFUL
LEADERSHIP
SUMMIT
WASHINGTON, DC
NOVEMBER 10-11**

ATTENDEE FAQ

Thank you for joining us at the 2017 Mindful Leadership Summit! Please review our FAQ below.

What is the venue address?

- Washington Hilton
1919 Connecticut Ave NW
Washington, DC 20009

What do we need to know about parking?

- The hotel has a special \$20 self-park rate for Mindful Leadership Summit attendees who park in the hotel garage, whether you're staying at the hotel or just driving in for the day.
- Please plan for additional time to park. The hotel has a full schedule during our event and the parking garage may reach capacity. If it does, there are additional lots close to the hotel.
- Please see [this document](#) from the hotel about alternate nearby self-park options.

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, and by car. For directions and details go to: <http://www3.hilton.com/en/hotels/district-of-columbia/washington-hilton-DCAWHHH/map-s-directions/index.html>.

Is there a Metro subway stop nearby?

- The Dupont Circle (Red Line) metro station is only a couple blocks away.

Will you have early conference check-in available?

- Yes, if you'd like to avoid the lines Friday morning, we'll have early check-in Thursday from 5:00 - 8:00pm at the **Kalorama Room**. We'll also have a meet & greet for attendees at that time, and the founder of the Mindful Leadership Summit will be there if you'd like to say hello. Drinks will be available for purchase.

How can I take a look at the schedule?

- For a detailed Mindful Leadership Summit schedule, see below.

<http://www.mindfulleader.org/2017-schedule/>

- The full schedule will also be in the printed program you receive when you check in to the conference.

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

- Meals and coffee are on your own. The hotel has several dining options available. Also, the venue is located in the Dupont Circle neighborhood, which has many dining options within walking distance. We will offer light hors d'oeuvres at the reception on Saturday night.

What is the dress attire for the conferences?

- Casual or business casual.

Is there a conference hashtag?

- Yes: #MindfulSummit. Please feel free to use this on Facebook, Twitter, Instagram, etc.

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

- No, there is no sign-up required for any session during the conference. Just know that seating in the rooms outside of the main ballroom is limited, so be sure to arrive early if there are break out sessions that you'd really like to attend.

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

- Yes, bring your mat for an all-levels yoga class on Friday and Saturday mornings from 7:00 - 7:45am. No signup is necessary.

Will you have a meditation space available throughout the conference?

- Yes, there will be a dedicated meditation space in the Gunston West room throughout the day on Friday and Saturday. The meditation space will be silent, with cushion and chairs for your use.

What if I'm new to Mindful Leadership?

- We'll have a special session for newcomers - Introduction to Mindful Leadership session 7:15 - 7:45am on Friday.

What can I do with my coat?

- There will be a coat rack in the common area where you can hang your coat if you like.

Will I be able to buy books written by Mindful Leadership Summit speakers?

- Yes, we'll have a bookstore near the registration area, and many of the speakers will be doing a book signing on Friday from 5:15 - 6:30pm.

I'd like to attend one of the daylong intensives on Thursday or Sunday, but I'm not sure if that was included in the ticket I bought.

- The intensives are not included and would have required an additional purchase. Please check the order summary section of the EventBrite email (not the ticket) to see if you purchased the Friday-Saturday conference only, or if your order includes a Thursday or Sunday intensive also.

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