



MINDFUL LEADERSHIP

SUMMIT

WASHINGTON, DC - NOV 10-11, 2017

THURSDAY - November 9, 2017

Time	Speaker	Session	Location
8:30am	Registration opens	Registration	Mid Terrace
9:30 - 3:30pm	Strozzi Institute - Richard Strozzi-Heckler	Daylong Intensive: The Wisdom of the Body: Embodied Mindfulness at Work	Columbia 9 - 10
9:30 - 3:30pm	The One Moment Company - Martin Boroson, Carmel Moore & Sarah Braid	Daylong Intensive: Time Mastery for Leaders	Columbia 11 - 12
5:00 - 8:00pm	Early Registration / Meet & Greet	Early Registration and Meet & Greet	Intensive Room

FRIDAY - November 10, 2017

Time	Speaker	Session	Location
6:30 - 8:30am	Registration Opens	Registration	Columbia West
7:00 - 7:45am	Darnell McDonald	Yoga	Yoga Room
7:15 - 7:45am	Rich Fernandez	Introduction to Mindful Leadership	Workshop Room
7:15 - 7:45am	Dan Siegel	Morning Meditation	Break Out Room

8:15 - 8:45am	Mo Edjlali & Gina Laroche	Welcome and Opening Remarks	Main Stage
8:45 - 9:45am	Richard Strozzi-Heckler	The Power of Mindfulness: Embodied Leadership in the Workplace - How can leaders in our fast-paced and complex work environments produce new outcomes that are aligned with our values, even under pressure? In this session, Richard will review the recent neuroscience that underlines Strozzi Institute's Embodied Leadership methodology, and look at possibilities that secular mindfulness practices can open for leaders and teams.	Main Stage
9:45 - 10:45am	Rasmus Hougaard	The Mind of the Leader - In collaboration with Harvard Business Review, Rasmus Hougaard from Potential Project has spent 2 years researching the mental skills and qualities that make up great leadership. They have surveyed more than 35,000 leaders from more than 100 countries and 5,000 companies. This is the first release of the results, exclusively at the Mindful Leadership Summit.	Main Stage
10:45 - 11:00am	Break	Break	Break
11:00 - 12:00pm	Martin Boroson & Razeea Lemaigen	Being in the Moment: How GlaxoSmithKline Scaled Mindfulness - What does it mean to be truly "in the moment"? In this session, Martin Boroson explains how to break through the time barrier in mindfulness training and why mindfulness does not mean slowing down. Razeea Lemaigen presents data from GlaxoSmithKline's online mindfulness training and shares how she radically scaled GlaxoSmithKline's award-winning program.	Main Stage
11:00 - 12:00pm	Chuck Lief & Susan Skjei	The Fierce Urgency of Now: Leading with Mindfulness and Compassion in Tumultuous Times - Dr. Martin Luther King's call to resist complacency in favor of the "fierce urgency of now" is as relevant as ever for us today. How can we as leaders hold the seeming paradox of contemplative practice and a passionate motivation for impactful action? Join us for a provocative conversation.	Break Out Room
12:00 - 1:30pm	Lunch	Lunch	On own
1:05 - 1:20pm	Cara Bradley	Mindful Movement Refresh	Yoga Room
1:30 - 2:30pm	Caroline Welch	Building Your Own Sustainable MAPP for More Effective Leadership - As Mindful Leaders, you know mindfulness can support your growth. However, even though we're surrounded by the latest research, a consistent Mindful Awareness Practice Plan ("MAPP") may seem unattainable. This experiential and engaging workshop will help you identify your obstacles and prepare you to establish your own sustainable MAPP.	Workshop Room
1:30 - 2:30pm	Peter Senge	From Systems Thinking to Systems Leadership - Complex problems require a different kind of thinking — systems thinking — and a different kind of leadership — systems leadership. What does this mean for the way we educate, learn, train, work, and lead? In this	Main Stage

		session with renowned systems scientist and best-selling author Peter Senge, we'll translate the abstract ideas of systems theory into tools that systems leaders can use to tackle complex problems.	
1:30 - 2:30pm	Darnell McDonald & Cara Bradley	Honing the Mind of a Champion: Mental Skills Training at the Chicago Cubs and Villanova Wildcats - Join the conversation with the mental skills coaches of champions to learn how they're using mental strength training to help athletes quickly quiet the negative chatter, reorient focus, remain composed under pressure, and deliver their best effort. Engage in the discussion and learn how to apply these practices to yourself and your team.	Break Out Room
2:30 - 2:45pm	Break	Break	Break
2:45 - 3:45pm	Lili Powell	Resilience Mapping: A Practical Tool for Mindful Strategic Planning - In this interactive workshop, Lili will introduce Resilience Mapping, a practical tool to help you take stock of the present, see causes and consequences in the past, and plan for performance demands in the future. Learn how understanding performance, stress, and resilience will improve your approach to strategic planning.	Workshop Room
2:45 - 3:45pm	Marvin Riley & Stephen Macadam	Publicly Traded & Mindful: Enabling the Full Release of Human Possibility - \$1.5B market cap, EnPro Industries is a publicly traded company that embodies a dual bottom line philosophy with it's 6000+ employees. We will discuss 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.	Main Stage
2:45 - 3:45pm	Van Riper	Mindfulness at Google: Lessons Learned over 4 Years - Learn about the origin and evolution of gPause, the mindfulness community programs at Google. We will explore the significant successes and failures to aid you in starting or improving similar programs.	Break Out Room
3:45 - 4:00pm	Break	Break	Break
4:00 - 5:00pm	Raj Sisodia	Conscious Capitalism: Stories from the Field - Capitalism is an extraordinarily powerful idea that has uplifted the lives of billions of people. At the same time, it's been abused by businesses to exploit their employees and harm their communities for short-term profit. It doesn't have to be this way. Come hear stories of business as a source of healing, inspiration, meaning, and prosperity.	Main Stage
5:00 - 5:15pm	Mo Edjlali	Closing	Main Stage
5:15 - 6:30pm	Reception	Mix & Mingle with Live Music and Cash Bar	Columbia West
5:15 - 6:30pm	Book Signing	Book Signing	Columbia West

SATURDAY - November 11, 2017

Time	Speaker	Session	Location
6:30 - 8:30am	Registration Opens	Registration	Columbia West
7:00 - 7:45am	Flow Yoga Center	Yoga	Yoga Room
7:15 - 7:45am	Kaira Jewel Lingo	Morning Meditation	Break Out Room
8:15 - 8:45am	Mo Edjlali & Lili Powell	Welcome & Opening Remarks - Veterans Day	Main Stage
8:45 - 9:45am	Dan Siegel	Integrating Consciousness with the Wheel of Awareness - In this presentation, Dan offers an internationally studied reflective practice that differentiates and then links the fundamental elements of consciousness. Understanding the depth of our minds gives us new perspective on the nature of well-being. Simple but profound, presence is the key to cultivating health in our lives.	Main Stage
9:45 - 10:45am	Johann Berlin	Leading with Love - The idea of love in business may seem odd, irrelevant, or even counterproductive. How could love produce the drive to compete and win? But more and more leaders are making the connection between emotionally connected environments, happy employees and measurable business success. This talk will explore how the love of self, team, and purpose can be a formula for employees and organizations to thrive and transform.	Main Stage
10:45 - 11:00am	Break	Break	Break
11:00 - 12:00pm	Jim Dethmer & Diana Chapman	Five Tools to end Drama in the Workplace - In this experiential session Jim Dethmer and Diana Chapman help you discover the subtle and not so subtle effects of drama in the workplace and give specific practices on how to use conscious leadership to reduce and eliminate drama.	Main Stage
11:00 - 12:00pm	James Pond	Re-wired: Helping Veterans to Come Home - Learn how mindfulness is impacting the lives of veterans suffering from post-traumatic stress, traumatic brain injury, suicide, military sexual trauma, moral injury, and other issues they face when transitioning back to society. Veterans share their experiences and how mindfulness has helped them transition to truly coming home.	Break Out Room
12:00 - 1:30pm	Lunch	Lunch	On own

1:05 - 1:20pm	Cara Bradley	Mindful Movement Refresh	Yoga Room
1:30 - 2:30pm	Gina LaRoche & Jennifer Cohen	From Scarcity to Sustainable Abundance: Practicing the Seven Laws of Enough™ - Not enough time? Not enough resources? Sound familiar? In this workshop, Gina LaRoche and Jennifer Cohen, authors of The Seven Laws of Enough, teach us how to shift our thinking from scarcity to abundance. Learn how to change perspective and overcome intractable problems with ease, inspiration, and confidence.	Workshop Room
1:30 - 2:30pm	Jim Robinson, Karima Woods & Willair St. Vil	Transformation in the Nation's Capital: DC Government & GWU - This panel discussion led Jim Robinson from the GWU Center for Excellence in Public Leadership explores the connection between personal and communal transformation. Willair St. Vil and Karima Woods of the Washington, DC government share their journeys in becoming leaders, as well as initiatives to create a more mindful workplace within the DC government.	Main Stage
1:30 - 2:30pm	Chris Schmidt	Building A Mindful Business Culture From The Ground Up - How do you create a culture of mindfulness in a firm of skeptical CPAs? Come hear lessons learned at Moss Adams, a \$600 million accounting, tax, and consulting firm. CEO Chris Schmidt will share leadership insights and how they created a roadmap for becoming a mindful organization.	Break Out Room
2:30 - 2:45pm	Break	Break	Break
2:45 - 3:45pm	Kaira Jewel Lingo	Embracing Power: Lessons from Thich Nhat Hanh - What if we challenged our relationship to power? In this workshop, drawing from Thich Nhat Hanh's book, The Art of Power, we will explore true power and how to generate it in our everyday experiences and relationships. We will learn how to redefine success and power in terms of purpose, happiness and ease. Doing so unlocks our path of leadership.	Workshop Room
2:45 - 3:45pm	Tiphani Palmer	How to Transform Pressure into Power with Martial Art & Mindfulness Based Body Practices - Our bodies learn by doing. Join Tiphani for a short training practice of Leadership Embodiment exercises under pressure. If we want to cultivate a more inclusive, resourceful and inspired response to pressure, we need more than understanding, we need practice. Warm and strong is a different kind of power.	Main Stage
2:45 - 3:45pm	Nancy Costikyan	Creating a Successful Mindfulness Program at Harvard University - How does the oldest academic institution in the country embrace a new concept? Learn how a pilot mindfulness program gained momentum and created a foundation for Harvard's upcoming University-wide initiative. Explore how mindfulness fits into a comprehensive well-being strategy, informed by financial risks, diversity, sustainability and other institutional priorities.	Break Out Room
3:45 - 4:00pm	Break	Break	Break
4:00 - 5:00pm	Rich Fernandez	Field Notes: Bringing Mindfulness into F500 Organizations - Hear success stories and	Main Stage

		cautionary tales about bringing mindfulness into organizations such as Google, Starbucks, Ford Motor Company, SAP, Kaiser, Salesforce, Merck and others. Explore the evolution of mindful leadership and the state of the mindfulness movement in the workplace.	
5:00 - 5:30pm	Mo Edjlali	Closing	Main Stage
5:30 - 7:30pm	Reception	Reception with Light Hors d'Oeuvres and Cash Bar	Columbia West

SUNDAY - November 12, 2017

Time	Speaker	Session	Location
8:30am	Registration opens	Registration	Columbia West
9:30 - 3:30pm	SIYLI - Rich Fernandez, Peter Weng & Michelle Maldonado	Compassion-based Tools for Working with Unconscious Bias & Enabling Inclusion	Columbia 1
9:30 - 3:30pm	Leadership Embodiment - Tiphani Palmer	Leadership Embodiment Skills for Inspired Leadership: How to Cultivate Warmth and Strength	Columbia 2
9:30 - 3:30pm	Conscious Leadership Group - Jim Dethmer and Diana Chapman	How to End Drama in Your Life and Workplace	Columbia 3
9:30 - 3:30pm	TLEX - Johann Berlin & Jennifer Stevenson	The Breath: The Secret Enabler for Agile Leadership, Connection and Happiness	Columbia 4