

Mindfulness—Linking Leadership to Presence

Presented by:

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Community Engagement

Introduction

- Welcome!
- What is this about?
 - Opportunity to Learn about Mindfulness, Presence, & how they can support your leadership journey

Training Outline

- Lesson 1: Mindfulness (aka Contemplative Practice)
 - A powerful way to develop self-knowledge and to practice genuinely being present.
 - Meditation is a tool for this practice, along with journaling, prayer, etc
- Lesson 2: Authentic Presence
 - A way of being, related to self-knowledge and ability to take effective action
 - Personally and Professionally
- Lesson 3: Authentic Leadership & Vulnerability
Being True to One's Self and Leading Others
 - Lesson 4: Mindfulness—An Experience/Opportunity to Practice

Leadership Considerations...

- **“We must become the change we want to see in the world.”**
--Mahatma Gandhi
- **“Unless we can discover that ground of goodness in our own lives, we cannot hope to improve the lives of others.”**
--Chogyam Trungpa
- **“Deepening our experience of the present moment can lead to new information that was previously inaccessible.”**
- **“Leaders take us to places we have never been before.”**
--Susan S., Naropa University

Lesson 1: Mindfulness (Contemplative Practice)

- The awareness that arises from paying attention, on purpose, non-judgmentally, in the present moment.” —John Kabat-Zinn
 - **Paying attention** allows us to relax with “what is” rather than struggling with how we want it to be.
 - **On Purpose** is to do so with intention and with choice.
 - **Non-Judgmentally** means that we can experience it whether we like it or don't like it and open ourselves to new experiences.
 - **Present Moment** happens in the “now” —be in the moment.

Lesson 1: Mindfulness cont.,

- Cultivates a sense of well-being and confidence--for you and those you lead
- Fosters empathy and compassion for others
- Creates perspective for observing our defensive routines
- Provides the self-awareness needed for personal and professional learning to occur...ability to notice and discern more fully my own way of being in the world

Lesson 2: Authenticity and Presence

- Genuineness—part of the discovery
- Basic Goodness—Acknowledging the world as it is
- Awareness—Getting in touch with our actual experience
- How can I achieve this?
 - Having a disciplined practice to support it
 - Having a willingness to give up denial about how things actually are
- Moving into this place of knowing allows us to build our individual capacity for Skillful Communication and Presence and....
 - Supports our ability to reveal our hidden assumptions
 - Cultivate Trust
 - Accept full responsibility for all interactions
 - Lead with Respect and Honesty
 - Utilize an Enhanced Level of Inquiry & Advocacy
 - Creates an inclusive and high-commitment culture
 - Builds our credibility with others—Walk the Talk

Lesson 3: Vulnerability in Leadership--*Gateway*

- Leadership has nothing to do with position, salary, or number of direct reports.
- It is connected to *inspiring* those we lead.
- Inspired leadership requires vulnerability:
 - *Do we have the courage to show-up, be seen, ask for help, own our mistakes, learn from failure, lean into joy, and can we support the people around us in doing the same?*
 - *Leading with Presence & Authenticity, Kathryn Goldman Schuyler*

Lesson 3: Vulnerability cont.,

- “*Invulnerability* in leadership breeds disengagement in culture.” (bb)
 - Lessens opportunity to see innovation
 - Team/organizational goals may not become fully realized
 - Individuals are not happy and may prematurely leave the organization—resulting in loss of gifts and talents that could have enhanced the mission.
- We are all hard-wired for connection, curiosity, and engagement (bb)
- If you can show up in a mindful, present, and authentic manner—and having done your own individual work—often others will come fully present with you & quantum leaps can occur in you, those you lead, and the organization.
- Brene Brown (bb), November 2012, Leadership Series, Vulnerability & Inspired Leadership

Lesson 4: A Mindfulness Experience

- Meditation as a contemplative practice tool and resource.
 - Guided Experience

Resources

- Authentic Leadership: H:_Common\Sourcebook Readings; Naropa University.
- Jon Kabat Zinn—Center for Mindfulness in Medicine, Healthcare, & Society, University of Massachusetts
- Brene Brown—Vulnerability
 - https://www.ted.com/talks/brene_brown_on_vulnerability/transcript?language=en
 - *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be & Embrace Who You Are*. Published, 2010
- Mindfulness
 - Apps: Calm; Headspace, Etc