

AWAKENED LEADERSHIP: MINDFULNESS IN BUSINESS & AT WORK WORKSHOP DESCRIPTIONS

WEDNESDAY, June 1st

“We ARE in the Dharma Business” A HALF-DAY WORKSHOP FOR LENZ GRANTEES ONLY

Zen Management Training: Integrating the Practice and the Business

Lisa Hoffman and Susan O'Connell

How can Buddhist communities in the complicated 21st century care for our practice and business? Both are essential for Sanghas and similar nonprofit groups to thrive. Learn about one approach in this interactive session on *Instructions for the Supervisor* – San Francisco Zen Center’s “Zen Management Training Program.” The program is inspired by Soto Zen founder Eihei Dogen-Zenji’s 13th century *Instructions for the Cook*, about attending to every aspect of the kitchen with complete attention and intention. This six-month experiment integrates our vows of wisdom, compassion and interconnection with the “best practices” of contemporary management. We have learned that there is no separation between practice and administration. What has emerged is a practice-based approach to supervising students and employees to work effectively and wholeheartedly to support the Buddha way. Session tools and approaches can be used by any sized Sangha or nonprofit organization.

Envisioning & Leading Social Profit Enterprises

Fleet Maull

How do we embrace the best of the innovative spirit, entrepreneurial drive, and strategic focus of the for-profit business sector without losing our soul or going "corporate" in the process? Fleet Maull will lead a series of experiential exercises in dyad, small group and large group format facilitating a deep exploration of both the inner and outer shifts needed to move from a traditional nonprofit mindset and conventional nonprofit strategies and practices to a more business-like, disciplined, entrepreneurial, market savvy and innovative value-added approach to creating social benefit, or what Lynne Twist calls "social profit." Fleet will intersperse these exercises and discussions with stories and examples from his decades of experience as a nonprofit executive, a business owner/entrepreneur and a strategic business consultant to both for profit and nonprofit enterprises, inviting us to explore and embrace our fears and uncertainties with courage & confidence.

Panel Discussion and Q&A: Creating an Entrepreneurial Spirit in your Sangha: How to Leverage Entrepreneurial Wisdom to Ensure the Dharma Flourishes

Laura O'Loughlin & Susan O'Connell

Laura will present a brief summary of learnings from research on innovative funding projects within dharma centers, focusing on key elements for success. This will be followed by a panel where leaders from dharma groups discuss their experience in developing new creative sources of funding for their organizations. Among the discussion topics to be explored by the panel: *what is needed to create a successful funding initiative?*

THURSDAY, June 2nd

How to Rock Productivity and Performance: What Businesses Can Learn from Buddhist Monks

Mila Diamond

Imagine working at a company where the corporate culture promotes personal development, where you are trained to become a 21st century enlightened leader, where you collaborate with like-minded individuals to inspire positive change in your business, your community and the world. In this workshop by Diamond Mind you will learn what leading companies, universities and schools are already doing to integrate meditation and mindfulness into their organizational culture. Diamond Mind’s training program for corporations and schools is based on American Buddhist principles learned from Dr. Lenz that empower individuals and help to improve productivity, performance and innovation for the organization as a whole.

Mindfulness, Leadership and Complexity Theory

Anushka Fernandopulle

Our world seems to be changing at an increasingly rapid pace, so leadership in organizations might also need to look different than in the past. How might leadership be situated differently or play out differently than in the past? What happens when we take into account complex interacting systems, and bring awareness to these, internally and externally? And what is the place of love in all this? Come join us for reflection and exploration of these topics!

The Razors Edge: How Power, Desire and Achievement Align with Spiritual Advancement AKA: Servant Leadership

Chris Jones

In many religious traditions, there is a presumption that the accumulation of wealth, power, fame, and material success are at odds with the enlightenment process and one's spiritual development. When we ask the question: "Why am I here, and what should I be doing right now to help me progress spiritually?" We usually expect a "spiritual answer." What happens when the answer is for you is to "succeed wildly?" What happens when the will of eternity tells you to go out and succeed wildly at being a lawyer, doctor, politician, entrepreneur, CEO, athlete, writer, actor, or musician? In Spiderman, Uncle Ben says to Peter Parker, "With great power comes great responsibility." This is the mantra of the people who are called, and are driven to follow the path of the Razor's Edge. It is called the Razor's Edge, because it is only by the width of a razor blade, that we have to balance ourselves between being benevolent or becoming a tyrant; between being selfless and being an egomaniac. Which one will you be if given the chance?

Moving Beyond the Cushion: Mindfulness in Every Day Life

Gloria Kamler

This workshop will explore the ways in which we can engage in mindfulness practices in our day-to-day activities, outside of meditation. Even the most mundane of chores can be filled with joy and curiosity through a shift in how we experience them. We will include eating and walking meditations, as well as other tools, to learn how to bring present moment awareness to each moment of our lives.

Mindfulness & Money: Cultivating an Awakened Relationship with Money

Dawa Tarchin Phillips

Ranked the #1 cause of stress for Americans 7 years running, our relationship with money needs mindfulness and awareness, and it needs it yesterday. Nearly 75% of adults report recurring feelings of stress around money, close to one in four adults say they've experienced extreme stress over money during just the past month. Research points to financial struggles as a major strain on individuals' cognitive abilities, leading to poor decision-making which may further perpetuate unfavorable financial, relationship and health situations. Join mindful leadership expert Dawa Tarchin Phillips, who coined the term "The Money Wound," for this transformational session on how more mindfulness can help you heal and master this important area of your life.

Real Happiness at Work

Sharon Salzberg

This workshop will address the profound benefits of meditation to an area where people can use it most: the work place. Sharon offers a practical guide to improving work life through mindfulness, compassion, and concentration. Finding a new way to work is about being committed without being consumed, competitive without being cruel, and understanding emotions to counterbalance stress and frustration. The workshop will show participants how to be more creative, present and connected at work. Even the best jobs can be filled with stress, tough deadlines, impatient bosses, seemingly endless meetings, and all the ills of harried life. But as science indicates, meditation can serve as an antidote.

Mindfulness Strategies for Women in the Workplace

Barbara Smith

This workshop will highlight the fact that gender inequality is still very prevalent in business, and that gender equality is a man's concern as well as a woman's. It is important to bring awareness to this important topic and very important that business people practice mindfulness in addressing it. The workshop will offer some mindfulness techniques to help deal with discrimination and feelings of inferiority generated by this issue. We will

also practice an easy but powerful concentration technique that can be done at home or in the office and tremendously aids in practicing mindfulness.

Introduction to the Fundamentals of Mindfulness

Diana Winston

Join Diana Winston, Director of Mindfulness at UCLA's Mindful Awareness Research Center, as she introduces you to mindfulness. We'll learn both the cutting-edge science behind mindfulness and explore several experiential practices. Mindfulness is the art of paying attention to the present moment with openness and curiosity. In the last ten years, significant research has shown mindfulness to address health issues, increase attention and focus, help with challenging mental states, and promote more happiness and well-being.

Expressing Ourselves Together: Mindfulness in Communication

Larry Yang

What helps us to take our relationships—with friends, at work, in our communities, with our partners—as mindfulness practice? How do we cultivate the qualities of paying attention, wisdom, compassion, and skillful action in the midst of human interaction? This workshop will explore how our relationships can be nourished through our skills in communication and mindfulness. We will explore a number of relational practices that participants can take home, involving listening, speech, and mindfulness of self, others, and the larger community.

FRIDAY, June 3rd

Practical Strategies for Bringing Mindfulness into Organizations

Rich Fernandez

This workshop will focus on the practical elements of how practitioners of contemplative arts can successfully bring mindfulness into business organizations (as well as in other sectors). Drawing on his long experience with successfully launching mindfulness initiatives in iconic organizations such as Google, Starbucks, Ford Motor Company, Facebook and other organizations, Rich will discuss what it takes to win c-level sponsorship, get broad stakeholder buy-in, craft winning proposals and successfully deliver the work of mindfulness in organizations. Time and attention will also be devoted to the ethical underpinnings of bringing mindfulness to business settings, as well as ways to preserve the spirit and integrity of contemplative practices in these settings. Rich will share lessons learned and discuss best and next practices as well as some of the challenges in creating the conditions for the adoption of mindfulness in corporations. The session is designed to be highly interactive, and participants will also be invited to explore their own experiences, share their stories and engage in question and answer segments. Participants can expect to walk away from the session equipped with practical ideas to influence positive outcomes in the process of bringing mindfulness into organizations.

Labora Est Ora: Let Work Be Your Prayer

Jeff Marcous

Dharma Merchant Services has identified four ideologies that continually inform and guide its actions: the Dharma, sustainability, sacred commerce, and conscious capitalism, with its four tenets of higher purpose, stakeholder value, conscious leadership, and conscious culture. Each has contributed to a corporate culture of selfless service to others in consideration of a broader interpretation of business and its responsibility. From sacred commerce, staff has learned a “clearing process” which provides access to the present moment by identifying what may be lurking in the shadow side of ourselves (what is keeping us from being present) – and then identifying how we can reconnect to spirit, leading to an empowered, compassionate, and grateful attitude that carries forth in our workday and throughout our lives.

Awakened Leadership: Bringing Well Being to Business

Konda Mason

As we deepen our commitment to the earth and to each other, business is realizing that corporate social responsibility is no longer good enough. We must go beyond business competing to be the most sustainable, and move toward business as service to humanity. This calls for a new kind of awakened leadership - one that is tapped into a deeper level of our humanity. In this workshop we will take a look at the work from the Greater Good Science Center from UC Berkeley, Otto Scharmer's work from MIT, the Well-Being in Business Lab Oakland

and mindfulness based practices. We will investigate how business can lead us to realizing who we want to be as a society.

7 Keys to Mindful Leadership

Fleet Maull

Radical Responsibility™ is a set of strategic best practices developed by Fleet Maull and is designed to empower leaders, organizations, teams and individuals to create and sustain the highest levels of success by embracing 100% responsibility for everything that shows up in their business, organizational or personal domain ... everything. Through radical responsibility we discover the freedom, power and creativity generated by one simple question ... “What else can I (we) do?”

Mindfulness in the Boardroom: Leading Your Organizations from a Place of Awakening

Dawa Tarchin Phillips

Power struggles and conflicts inside boardrooms have consequences on a wide range of organizational decision-making. These types of struggles are grounded in cognitive and affective differences that are not completely random but related to measurable and improvable aspects of human behavior. Join mindful leadership expert Dawa Tarchin Phillips and discover how mindfulness and awareness can assist you in bringing greater awakening into your boardroom in ways that effectively elevate your mission and minimize the struggle.

Leading with Mindfulness and Authenticity in Challenging Moments

Susan Skjei

We all face challenging situations in which our authenticity, integrity, and courage are on the line. How do we typically respond in these moments? How do we want to respond? Based on in-depth interviews with business, non-profit and government leaders, and her own leadership experience, Susan will share essential practices that foster self-awareness, compassion and confidence in challenging times and can make all the difference in the moments that matter. In this experiential workshop, participants will learn mindfulness practices that will help them develop the strength and confidence to show up authentically when it really counts and to bring these skills into their lives and work.



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