AWAKENED LEADERSHIP:
MINDFULNESS IN BUSINESS AND AT WORK

June 1-3rd, 2016
Loyola Marymount University
Los Angeles, CA
ORGANIZERS

Norman Oberstein
Chairman of the Board
Frederick P.
Lenz Foundation for
American Buddhism

Christopher Chapple
Doshi Professor of
Indic and
Comparative
Theology
Loyola Marymount
University

Connie Kim
Director of
Leadership
Development
NYU Stern School of
Business

Reka Prasad
Mindfulness
Coordinator
NYU Global Spiritual
Life

Yael Shy
Senior Director
NYU Global Spiritual
Life
WHY MINDFULNESS AT WORK AND BEYOND?

Reduces stress

Lowers blood pressure

Increases the body’s immune system

Improves emotional stability, sleep quality, cognitive flexibility, creativity and innovation, emotional regulation, and empathy.

People who practice mindfulness report having improved innovative thinking, better communication skills, and more appropriate reactions to stress.

They also say that they are better able to handle conflict at work, and they experience improved teamwork and team relations.
PURPOSE FOR GRANTEES

Learn management practices you can take with you to grow and sustain your organizations.

Learn from fellow long term practitioners who have over a decade’s worth of experience merging the worlds of dharma and business.

Gain concrete tools and entrepreneurial strategies you can use to bring in new revenue streams that are aligned with the values of your organization and the dharma.

Build and deepen relationships with people from the business world who can become potential collaborators.

Hear about seed grant possibilities for joint community projects.
Wednesday, June 1st

1:00 - 5:30 PM  HALF-DAY WORKSHOP FOR GRANTEES ONLY

LAURA O’LOUGHLIN  SUSAN O’CONNELL  LISA HOFFMAN  FLEET MAULL

Panel Discussion and Q&A:
Creating an Entrepreneurial Spirit in your Sangha and Other Nonprofits

Envisioning & Leading Social Profit Enterprises

Zen Management Training:
Integrating the Practice and the Business
Wednesday, June 1st
Evening Program

6:00 PM  Inaugural Cocktail Reception Welcoming All Conference Participants

7:30 PM  DINNER and Talk by SHARON SALZBERG, on the role of compassion in the practical application of mindfulness and how we can maximize our mindful moments with caring attention.
Thursday, June 2nd

8:00 - 8:45 AM  Meet the Day Meditation and Yoga Sessions
8:30 - 9:30 AM  BREAKFAST

9:30 - 11:00 AM  Welcome, Mindfulness Overview, and Making the Connection to Business with CONNIE KIM from NYU Stern School of Business and DAWA TARCHIN PHILLIPS

11:00 - 12:30 PM  Panel Discussion and Q&A: What Does Awakened Leadership Look Like?: the need for wisdom and ethics in the trending conversation on mindfulness with CHRIS JONES, ANUSHKA FERNANDOPULLE, SHARON SALZBERG, DIANA WINSTON and LARRY YANG, moderated by REKA PRASAD

12:45 - 2:00 PM  LUNCH Break with Discussions Led by Grantees

2:00 - 5:30 PM  WORKSHOPS

5:30 - 6:30 PM  BREAK
6:30 - 7:45 PM  DINNER

8:00 - 10:00 PM  Public Panel Event: Letting Go in Service of Innovative Leadership: facing the fear of failure, with JACK KORNFIELD and SHARON SALZBERG moderated by RICH FERNANDEZ
Thursday, June 2nd
Workshops

Introduction to the Fundamentals of Mindfulness
DIANA WINSTON

Moving Beyond the Cushion: Mindfulness in Every Day Life
GLORIA KAMLER

Expressing Ourselves Together: Mindfulness in Communication
LARRY YANG

Real Happiness at Work
SHARON SALZBERG

Mindfulness, Leadership and Complexity Theory
ANUSHKA FERNANDOPULLE

Mindfulness and Money: Cultivating an Awakened Relationship with Money
DAWA TARCHIN PHILLIPS

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

Mindfulness Strategies for Women in the Work Place
BARBARA SMITH

The Razors Edge: How Power, Desire and Achievement Align with Spiritual Advancement
CHRISS JONES
Friday, June 3rd

8:00 - 8:45 AM  Meet the Day Meditation and Yoga Sessions
8:30 - 9:30 AM  BREAKFAST

9:30 - 12:30 PM  WORKSHOPS

- Radical Responsibility  FLEET MAULL
- Mindfulness in the Board Room: Leading Your Organization From a Place of Awakening  DAWA TARCHIN PHILLIPS
- Practical Strategies for Bringing Mindfulness into Organizations  RICH FERNANDEZ
- Labora Est Ora: Let Work Be Your Prayer  JEFF MARCOUS
- Leading with Mindfulness and Authenticity in Challenging Moments  SUSAN SKJEI
- Awakened Leadership: Bringing Well Being to Business  KONDA MASON

12:30 - 2:00 PM  LUNCH AND CONVERSATION: What It Looks Like When Companies are Mindful: Results of Implementation, RICH FERNANDEZ with MARK HIGBIE of Ford Motor Company

2:00 - 5:00 PM  Closing Session: In depth break out sessions fleshing out Grantee/Invitee collaborations; handing out of additional resource materials for cultivating mindfulness at work programs; discussion of Lenz seed money to jump start partnerships back home
GRANTEE’S ATTENDANCE

• Registration is $565 and covers one attendee, all meals and programming, including Thursday night’s public talk. Add participants at only $165 per person by typing Promo Code GRANTEE_REP.
• Lodging: On site campus housing starts as low as $117, which covers two nights. Special off site hotel rates available.

*stipends will be available for organizations for which this is a hardship.
INVITEE’S ATTENDANCE

• Registration is $965 and covers one attendee, all meals and programming, including Thursday night’s public talk. Register additional participants at only $200 per person by typing Promo Code GUEST_REP.
• APRIL EARLYBIRD RATE: Use Promo Code DAYLONG for a 20% discount.
• Lodging: On site campus housing starts as low as $117, which covers two nights. Special off site hotel rates available.

Register now!