

# AWAKENED LEADERSHIP: MINDFULNESS IN BUSINESS AND AT WORK

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



Global  
Spiritual Life



**STERN**



The Frederick R.  
**LENZ**  
**FOUNDATION**  
for American Buddhism

**LMU** | **LA**  
Loyola Marymount  
University

# 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.

# TEACHERS



Mila Diamond  
CEO  
Diamond Mind  
International



Rev. Zesho  
Susan O'Connell  
President  
San Francisco Zen  
Center



Laura O'Loughlin  
Psychotherapist &  
Co-Founder  
Brooklyn Zen Center



Rich Fernandez, PhD  
Co-Founder  
Wisdom Labs



Dawa Tarchin Phillips  
Transformational  
Mindfulness Leader,  
President/CEO  
Empowerment Holdings



Sharon Salzberg  
Author & Meditation  
Teacher  
Insight Meditation  
Society



Anushka Fernandopulle  
Dharma Teacher and  
Organizational  
Consultant  
Spirit Rock  
Meditation Center



Lisa Hoffman  
Coach, Consultant,  
Zen Priest



Christopher Jones  
CFO & Co-Founder  
Durante Rentals



Gloria Kamler, M.A.  
Mindfulness  
Instructor  
UCLA Mindful  
Awareness Research  
Center



Susan Skjei, PhD  
Director  
Authentic  
Leadership Center  
Naropa University



Diana Winston  
Director of Mindfulness  
Education  
UCLA Mindful  
Awareness Research  
Center



Jack Kornfield  
Teacher and  
Author  
Spirit Rock  
Meditation Center



Jeff Marcous  
CEO  
Dharma Merchant  
Services



Konda Mason  
CEO & Co-Founder  
Impact Hub Oakland



Acharya Fleet Maull  
Founder & President  
Prison Mindfulness  
Institute



Barbara Smith  
Managing Partner  
Zen Cloud  
Technologies



Larry Yang  
Dharma Teacher  
Spirit Rock  
Meditation Center

# PURPOSE FOR GRANTEEES

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 KORNFELD 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  
CHRIS 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.



Register  
now!

\*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!

# Q&A

