

Mindful Leadership



Sharon Salzberg's *The Eight Pillars of Happiness* in the workplace are balance, concentration, compassion, resilience, communication and connection, integrity, meaning and open awareness.

- Balance: the ability to differentiate between who you are and what your job is
- Concentration: being able to focus without being swayed by distraction
- Compassion: being aware of and sympathetic to the humanity of ourselves and others
- Resilience: the ability to recover from defeat, frustration, or failure
- Communication and Connection: understanding that everything we do and say can further connection or take away from it
- Integrity: bringing your deepest ethical values to the workplace
- Meaning: infusing the work you do with relevance for your own personal goals
- Open awareness: the ability to see the big picture and not be held back by self-imposed limitations

Salzberg, Sharon. (2014). *Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace*. Workman Publishing: New York.

Mindful Leadership

PACE: Practice, Awareness, Compassion, and Energy

The PACE that we bring to the classroom greatly impacts students' lives –as well as our own.

Practice – having your own mindfulness practice

Awareness – being present in the moment

Compassion – building an environment of kindness through one's actions

Energy – being responsible for the energy that you bring into the classroom



Practice

Sitting meditation – using the breath as an anchor to become more aware and present.

- Gunaratana, Bhante. (2011). *Mindfulness in Plain English*. Wisdom Publications: Somerville, MA.

Mantra (a sound vibration) based meditation – using a mantra to quiet the mind for deeper concentration.

- Deepak Chopra and Oprah's 21-day Meditation Challenge

Walking meditation – with each step being aware of the mind, body and movement.

- <http://greatergood.berkeley.edu/topic/mindfulness> (walking meditation)

Eating meditation – using food and the activity of eating to directly experience, in the present moment, the sensations, thoughts, and intentions of eating.

- <http://greatergood.berkeley.edu/topic/mindfulness> (raisin exercise)

Metta/lovingkindness – sending well wishes to yourself and others.

- Sharon Salzberg - <https://www.sharonsalzberg.com/>

*May you be happy,
may you be safe,
may you be at ease,
may you be free from suffering.*

–Sharon Salzberg

Guided visual meditation – directed scripts to create a centering, positive, and calming space within.

- The Joy of Meditating: A Beginner's Guide to the Art of Meditation Audio CD by Salle Merrill Redfield

Mindful Leadership



Our daily decisions and habits have a huge impact upon both our levels of happiness and success.
- Shawn Achor

The Dalai Lama is not just asking us to be kinder... instead, he makes the case that a deeper awareness of how our emotional world affects the people around us leads to a more compassionate outlook.
- Daniel Goldman

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.
- Viktor Frankl



Resources

Hanson, Rick, Ph.D. *Hardwiring Happiness*. New York: Harmony.

Nhat Hanh, Thich. (n.d.). *Work: How To Find Joy And Meaning In Each Hour Of The Day*. Berkeley: Parallax Press.

Nhat Hanh, Thich. (1987). *The Miracle of Mindfulness: A Manual on Meditation*. Boston: Beacon Press.

Salzberg, Sharon. (2014). *Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace*. Workman Publishing: New York.

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“Keep your attention focused on the work, be alert and ready to handle ably and intelligently any situation which may arise – this is mindfulness” -Thich Nhat Hanh

Awareness

- Mindful listening
- Mindfully drinking a cup of tea
- Stopping before reacting - take a breath before answering the phone
- Make the activity that you are engaged in the practice - washing the dishes
- Active and passive breaks – take a walk - watch a snow globe
- Activity that make requires you to focus completely – making a puzzle

Compassion

- Practice gratitude
- Being with what is
- Make altruism a habit
- Engage in random actions of kindness
- Sending notes of thanks, appreciation, and friendship

Energy

- Exercise the power of a smile
- Notice and capture a moment to pass on to others
- Neutralize your inner space – taking a breath before a meeting
- Use quotes and talks to motivate yourself and others
- Sending lovingkindness to some before a stressful meeting

Mindful Leadership

Mindfulness School Programs

- Mindful Schools – offers courses for educators to learn mindfulness curriculum for working with students K-12. Supports personal mindfulness practice. www.mindfulschools.org
- MindUp – is a curriculum that is grounded in Neuroscience, Positive Psychology, Mindful Awareness and Social & Emotional Learning for students K – 12. <https://mindup.org/>
- Benson Henry Institute for Mind Body Medicine – training for students and educators on the “Relaxation Response” to create a school environment that is more conducive to learning. www.massgeneral.org/bhi
- Inner Kids – Mindful awareness program for elementary school children. www.susankaisergreenland.com
- Inner Resilience Program – works with students, teachers and schools by integrating Social and Emotional Learning with contemplative practice. www.innerresilience-tidescenter.org
- Cultivating Awareness and Resilience in Education – works with teachers by promoting awareness, presence, compassion, reflection, and inspiration. www.care4teachers.com
- Mindfulness-Based Wellness Education – 8-week teacher training programs teaching mindfulness practices in the workplace. www.geoffreysoloway.com/about.html
- Inward Bound Mindfulness Education – in-depth mindfulness programming for youth and the parents and professionals who support them. <http://ibme.info/>
- Calmer Choice – prevention program that teaches students how to effectively manage stress and resolve conflict. <http://calmerchoice.org/>

Other Names to Know

Christopher Willard, PsyD is a psychologist and educational consultant in the Boston area specializing in mindfulness-based work with adolescents and young adult, in private practice and at Tufts University.

Tara Healey, Director for Mindfulness-Based Learning at Harvard Pilgrim Health Care.
App – Headspace www.getsomeheadspace.com

Shawn Achor - THE HAPPINESS ADVANTAGE The Seven Principles of Positive Psychology that Fuel Success & Performance at Work

Hanson, Rick, Ph.D. *Hardwiring Happiness*. New York: Harmony.

Greater Good: The Science of Meaningful Life - University of California, Berkeley
<http://greatergood.berkeley.edu>