

Mindful Leadership
Dr. Richard Davidson, Bill George and Roshi Joan Halifax
Madison, WI
October 24th and 25th, 2014

Mindful Leadership is the art of leading with awareness, insight and compassion. Join neuroscientist Dr. Richard Davidson, Harvard leadership expert Bill George and Roshi Joan Halifax, Buddhist teacher and Zen priest as they explore how mindfulness practices naturally complement effective leadership. Mindfulness training enables people to be more aware of their circumstances, less reactive to stress, more compassionate, and better equipped to approach challenging issues in a calm, thoughtful manner. This program investigates how science and mindfulness meditation can help us develop personal and professional leadership skills for the 21st century.

Tickets will be available on line mid June.

Friday October 24th, 7-8:30pm

Recent advances in neuroscience have begun to unravel the mysteries of how mindfulness practices impact our behavior and the functioning of the brain. Civic and business leaders are beginning to recognize the vast potential mindfulness training offers for developing effective leadership skills, managing stress and creating a more sustainable work environment. This interactive discussion will focus on recent advances in science and leadership development and their potential to create more compassionate leaders better equipped to approach challenging issues with insight and compassion.

The Science of Mindful Leadership

Saturday October 25th, 9am - 5pm

Saturday will be a daylong interactive workshop dedicated to a deeper exploration of science, meditation, mindful leadership, and how social and environmental responsibility, play an essential role in leadership today. The day will begin with a teaching by Roshi Joan Halifax, including guided practices and approaches that foster sensitivity and compassion. This will be followed by interactive dialogue between the three presenters and participants, focusing on our brain's ability to adapt and change and how mindfulness training can make us more effective leaders.

Richard J. Davidson, PhD, is a renowned neuroscientist and one of the world's leading experts on the impact of contemplative practices, such as meditation, on the brain. He is the founder and chair of the Center for Investigating Healthy Minds at the Waisman Center, University of Wisconsin-Madison.

Bill George is professor of management practice at Harvard Business School, author of True North, and former CEO of Medtronic. A meditation practitioner since 1975, he is focusing on developing leaders with self-awareness and emotional intelligence.

Joan Halifax Roshi is a Buddhist teacher, Zen priest, anthropologist, activist, and author of various books on engaged Buddhism. She has been an Honorary Research Fellow at Harvard and Distinguished Visiting Scholar at the Library of Congress.