USING MINDFULNESS TO SUPPORT FACILITATIVE LEADERSHIP

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Mindfulness is...

- o Wise attention
- Paying attention [Jon Kabat-Zinn]
- Being where you are and noticing it [Jon Kabat-Zinn]
- Being aware of what's happening, as it's happening [InnerKids Program]
- o Mindfulness is present moment awareness (Mindfulness in Plain English)
- Mindful awareness can be defined as paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is. [MARC]
- The awareness that emerges through paying attention, on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment. [Jon Kabat-Zinn]

Mindfulness Meditation





- It's okay to have thoughts during meditation
- 2. Don't try too hard
- 3. Let go of expectations
- 4. Be kind to yourself
- 5. Stick with it

Benefits of Mindfulness: Research shows mindfulness can impact life positively in the following ways:

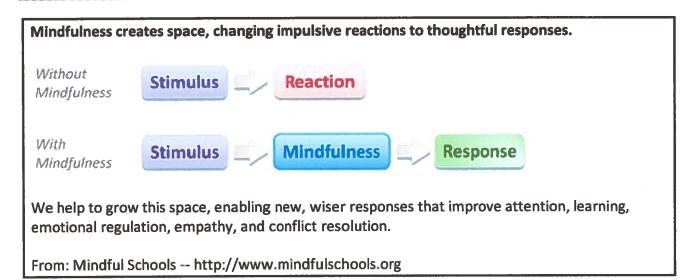
- o Reduce Stress
- o Reduce chronic physical pain
- Boost the immune system
- Reduce emotional reactivity
- Increase self-awareness
- Improve attention and concentration
- o Enhance positive emotions
- Cultivate well-being and happiness
- Positively impact the brain

Mindfulness Traits that Support Facilitative Leadership

- o Capacity to be non-judgmental
- Ability to be non-reactive; display equanimity
- o Ability to be in the silence; ability to listen
- o Ability to act with awareness; having awareness of what you are doing, when you are doing it
- O Ability to label and describe an internal condition

"...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 E. Frankel, Man's Search for Meaning



RESOURCES

Books:

- The Wise Heart: A guide to the Universal teachings of Buddhist Psychology, Jack Kornfield, Ph.D.
- The Mindful Brain, Daniel J. Siegel. M.D.
- o <u>Full Catastrophe Living:</u> Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, Jon Kabat-Zinn, Ph.D.
- Soul Centered: Transform Your Life in 8 weeks with Meditation, Sarah McLean

Websites:

- Mindful Awareness Resource Center (MARC)--UCLA www.marc.ucla.edu
- Mindful Schoolshttp://www.mindfulschools.org
- The Mind Body Awareness Project http://www.mbaproject.org
- InnerKids Program