

USING MINDFULNESS TO SUPPORT FACILITATIVE LEADERSHIP

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Mindfulness is...

- *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]*
- *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



The Five Essentials of Meditation (Soul Centered, Sarah McLean)

1. *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:

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

Mindfulness Traits that Support Facilitative Leadership

- Capacity to be non-judgmental
- Ability to be non-reactive; display equanimity
- Ability to be in the silence; ability to listen
- Ability to act with awareness; having awareness of what you are doing, when you are doing it
- 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

Mindfulness creates space, changing impulsive reactions to thoughtful responses.

*Without
Mindfulness*

Stimulus



Reaction

*With
Mindfulness*

Stimulus



Mindfulness



Response

We help to grow this space, enabling new, wiser responses that improve attention, learning, emotional regulation, empathy, and conflict resolution.

From: Mindful Schools -- <http://www.mindfulschools.org>

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.
- **Full Catastrophe Living**: 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 Schools**
<http://www.mindfulschools.org>
- **The Mind Body Awareness Project**
<http://www.mbaproject.org>
- **InnerKids Program**