

2012 Western MCH Nutrition Leadership Network meeting

Preparation for the *Mindful Leadership* Workshop: Instructions

1. Readings to be completed (outlined below, attached to the email and also posted to the NLN website):

- ❖ ***Mindfulness: an Essential Element of Resonant Leadership*** by Richard Boyatzis and Annie McKee: an article from the Harvard Business Review
- ❖ ***Mindful Leadership: Training the Brain to Lead*** by Michael Chaskalson: an article focused on meditation and leadership (good summary of brain science links)
- ❖ ***Leadership that Gets Results*** by Daniel Goleman (emotional intelligence and leadership): an article from the Harvard Business Review (much of mindfulness practice results in development of emotional intelligence)
- ❖ ***The Role of Mindfulness in Health Care Reform: A Policy Paper*** by Kelley McCabe Ruff and Elizabeth R Mackenzie: (could be skipped but anchors this in the larger health care system)

2. **Reflections:** Please reflect on the following aspects of your life and work **before coming to the workshop**. For each of the 5 items listed below, please write your thoughts/reflections on a separate piece of paper, fold the paper and write the corresponding letter (A-E) on the outside; you may also put your name if you like, but that is optional.

At the workshop, there will be 5 boxes corresponding to the letters (A-E) ready at the beginning of the day on Friday. You will put your responses in the appropriate boxes at that time.

- A. List 3 key areas/aspects of life and work where you experience joy.

- B. List 3 key areas/aspects of work that cause you stress in your current life and work.
 - C. Identify 1 thing you would like to get out of the workshop that is personal, or for your own well-being.
 - D. Identify 1 thing you would like to get out of the workshop that is for the betterment of your organization/work.
 - E. Identify 1 strength and practice you have developed that you would share with others.
3. **Online Quiz:** Below is a link to a short mindfulness quiz. Please complete before the workshop and bring your results.

http://greatergood.berkeley.edu/quizzes/take_quiz/4

4. **YouTube Videos:** Below are links to a few very short videos by Jon Kabat Zinn on meditation and mindfulness. This should be fun! (link from Greater Good website)

<http://www.youtube.com/watch?v=xoLQ3qkh0w0&feature=related>

<http://www.youtube.com/watch?v=wjXXvtGEZQQ&feature=related>