

Mind over Matter Resources: 2013 Leadership Conference, Concord, NH

It was an honor and pleasure to share the personal and organizational benefits of Mindfulness at the HR State Council of New Hampshire annual conference.

Wishing you well on this journey, Moira Garvey

Books

The Mindful Workplace, by Michael Chaskalson - *This is a recently published guide for Human Resource leaders and anyone who wants to understand the practical application of mindfulness and its benefits in the workplace.*

Mindfulness: Finding Peace in a Frantic World, by Mark Williams and Danny Penman - *This book offers simple and straightforward forms of mindfulness meditation that can be done by anyone. It offers 10-20 minute exercises that will support living a less anxious, exhausted, and stressful life.*

Mindsight: The New Science of Personal Transformation, by Daniel Siegel MD - *A fascinating explanation of how to master your state of mind as a leader, based on latest knowledge of neuroscience and psychology; reads like a novel. A truly wonderful and inspiring book.*

The Mind to Lead, by Suzanne Kryder - *The Mind to Lead brain-based coaching model helps leaders be less reactive, more focused, and more self-confident by describing specific tools and exercises for staying present and communicating calmly in even the most difficult situations.*

A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit, by Congressman Tim Ryan - *An avid meditator, Congressman Ryan asks the reader and himself to pay attention in a new and deliberate way. He advocates looking within in order to rediscover greater inner capacity for compassion and resilience as individuals and collectively as a nation.*

Mindfulness for Beginners, Reclaiming the Present Moment and Your Life, by Jon Kabat-Zinn - *Any book by Jon Kabat-Zinn is worth reading! This one provides a straightforward and convenient entry into the essentials of a mindfulness practice for everyday life.*

Articles

Being In The Now, Jha, A., Scientific American, March/April 2013 pp. 26-33

<http://www.themindcentre.com.au/wp-content/uploads/2013/03/Scientific-American-article.pdf>

Is Mindfulness Good for Business, Hunter, Jeremy, Mindful Magazine, April 2013. <http://jeremyhunter.net/wp-content/uploads/2013/02/Mindful-Is-Mindfulness-Good-for-Business.pdf>

Putting Mindfulness to Work by Tara Healey of Harvard Pilgrim Health Care, suggests four steps for bringing mindfulness to your job. Everyone will benefit: you, your colleagues, and your organization

<http://www.mindful.org/mindful-magazine/august-2013-issue>



moira.garvey@masterywiththemind.com

Internet

Mindfulnet.org offers a PDF on **Making the Business Case for Mindfulness**. No fee - rather a donation is requested. <http://www.mindfulnet.org/page35.htm>

Headspace is an online project designed to demystify meditation. Using the wonders of science and technology, it makes it easy-to-learn, fun-to-do, and relevant to your everyday life. It's loaded with excellent resources. <http://www.getsomeheadspace.com/>

Mind the Moment website at Harvard Pilgrim Health Care, offers a series of short, fun, and accessible videos.

https://www.harvardpilgrim.org/portal/page?_pageid=1434,360709&_dad=portal&_schema=PORTAL

UCLA's Mindful Awareness Research Center offers free guided meditations that give an introduction to mindfulness meditation. Podcasts are also available on iTunes. <http://marc.ucla.edu/body.cfm?id=22>

YouTube video called "[What Is Mindfulness?](#)" with Jon Kabat-Zinn is also a great place to start.

Others resources

Mindfulness Meditation Practice CDs and Tapes, by Jon Kabat-Zinn, Ph.D - Guided meditations designed to accompany each of his books.

Mindfulness for Beginners, by Jon Kabot-Zinn, Ph.D - A two CD set that provides an overview of mindfulness (its relevance to our lives, how we might approach the practices, etc.) and several short guided meditations.

Guided Meditations: For Busy People, by Bodhipaksa - A series of short (3-10 minute) guided meditations that are especially useful for people with little time for practice.

Working With Mindfulness with Mirabai Bush – A CD that offers a series of guided Mindfulness trainings for the workplace.

Tips for Bringing Mindfulness into your Organization

- Test it out yourself! Become familiar with Mindfulness: read, practice, go online. Experiment!
- Clarify your objectives: What is the reason you are introducing Mindfulness into your organization?
 - Is this personal, professional, or leadership development?
 - What type of Mindfulness curriculum do you want to seek?



Mind over Matter Resources: 2013 Leadership Conference, Concord, NH

- Is it about staff well-being or productivity?
 - Is it about resilience or creativity?
 - How will you and your organization measure success?
- Build a coalition of interest. Is there an established internal employee engagement group you can approach and discuss bringing in a program?
 - How do you typically rollout new development topics?
- Finding and assessing Mindfulness consultant/teacher qualifications and experience:
 - What type of mindfulness teaching certification does the person have?
 - **University of Massachusetts Medical School's Center for Mindfulness**, teaching practicum and teacher training.
<http://w3.umassmed.edu/MBSR/public/searchMember.aspx>
 - **UCLA's Mindful Awareness Research Center (MARC)** teacher training.
<http://marc.ucla.edu/body.cfm?id=57>
 - How many years have they been practicing Mindfulness?
 - Ask them to share their experience in offering Mindfulness in a business environment: Are they committed to providing a secular approach to teaching Mindfulness? Will they use corporate language? What kind of adult learning theory and practice do they possess? Would their Mindfulness program offer a balance of didactic theory with time for experiential learning and personal reflection? Will they use workplace examples and analogies?
- Options for first introducing the Mindfulness concept to your culture:
 - Consider offering an introductory session; a brown bag offering.
 - Offer a one-day Mindfulness experience.
 - Run a pilot Mindfulness program.
- Work with your Mindfulness Consultant/teacher to design a program that fits in your culture?
Options:
 - Offering an MBSR (Mindfulness Based Stress Reduction) program which is 8 weeks long.
 - Offer an adapted version of MBSR that ranges from 4-6 weeks in length. These sessions have yielded positive results in Organizations.
 - Customize a Mindfulness program that integrates Mindfulness strategies and Communication, Leadership, Stress Reduction, Leading Change, etc.