



2016 NACSA LEADERSHIP CONFERENCE

Finding the Space to Lead, presented by the Institute for Mindful Leadership

Within each of us is the potential to lead with excellence, to influence those around us in ways that truly make a positive difference to our organizations, our families, and our communities. It is imperative that those in leadership roles, and those who aspire to such roles, possess an ability to see clearly what is here, to respond with creativity and innovation rather than reactivity, and to bring compassion and open-heartedness to each decision and encounter. This workshop will use mindfulness as a framework for cultivating focus, seeing past our own filters and being more innovative and effective leaders.

Session Title: Finding the Space to Lead, presented by the Institute for Mindful Leadership

Session speakers: Carol Hyman (Institute for Mindful Leadership)

Context: This session was presented as a 2 ½ hour workshop. The workshop was highly interactive and experiential and provided the following:

- An introduction to Mindfulness and Mindful Leadership.
- How training the mind cultivates leadership excellence.
- Mindfulness meditation instruction.
- How to take a Purposeful Pause in the midst of a busy day.

Key Takeaways: Key takeaways from this session are:

1. **Mindfulness is non-judgmental moment to moment awareness.** This is a fundamental capability that requires training – mindfulness “muscle.” Mindfulness meditation is a *tool* for building that mindfulness muscle; meditation is a means to an end – not an end itself.
2. **A Mindful Leader is someone who embodies leadership presence by cultivating focus, clarity, creativity and compassion in the service of others.** Your capacity to lead with excellence is directly related to:
 - a. Your ability to connect – to self, others and community.
 - b. Your ability to skillfully initiate and guide change – to be responsive, able to hold ambiguity, collaborative, respectful and creative.
3. **A Purposeful Pause is a tool for bringing mindfulness into everyday moments** without adding any more demands on your already too-packed schedule. They aren’t just about stopping; they are about noticing what is there to be noticed when you stop.



And they are about redirecting your attention when it takes off into the future or the past. Purposeful Pauses allow you to step off the daily treadmill and find some spaciousness in the day to make more conscious choices. Some examples are provided on the corresponding handout.

There are two types of Purposeful Pauses:

- Those we choose to make a part of our daily practice.
- Those that occur spontaneously (Stop, Drop and Roll).

To paraphrase Victor Frankl: Between the stimulus and the response there is a space and in that space lies our freedom. A Purposeful Pause allows us the space to ask: What's called for now?

Additional Resources:

The Institute for Mindful Leadership – <https://instituteformindfulleadership.org/>

Finding the Space to Lead: A Practical Guide to Mindful Leadership, by Janice Marturano (participants of this workshop left with a copy of this book)

Mindful Magazine (can be found online at www.mindful.org)

American Mindfulness Research Association – www.goamra.org

UCLA Mindful Awareness Research Center – <http://marc.ucla.edu/>

The Center for Healthy Minds at The University of Wisconsin – Madison – <http://centerhealthyminds.org/news>

Recommended Apps:

- Headspace
- Breathe
- Mindfulness