



**OBTC 2015 at University of La Verne
June 17th – 20th, 2015**

Submission Template

SUBMISSION GUIDANCE

- * Remove all identifying properties from this document **
- * All files must be saved in PDF format **
- *Please include ALL supplementary text at the end of this document**
- *Only one document should be submitted**

**Submission Template for the
2015 OBTC Teaching Conference for Management Educators**

1) Title of Proposal:

Creating a Mindful Learning Community

2) Abstract:

This session will focus on the how to create a mindful learning community. Google, General Mills, Apple, Goldman Sachs, PricewaterhouseCoopers have embraced mindfulness because of the value it can bring to employees both physically and emotionally. Since employers understand the pressures in the workplace, we need to prepare students to succeed. Learning to be mindful is a leadership discipline that can be practiced in courses. Participants will learn several techniques to integrate into courses for helping students learn to decrease stress, be more present, and know themselves at a deep level in order to be resilient.

3) Keywords:

Leadership, Mindfulness, Learning Community, Resilience

4) Format

- Activity or exercise
- Discussion roundtable (60 minute only)
- General discussion session

5) Time Requested:

- 30 Minutes
- 60 Minutes (*Roundtables must select 60 minutes*)
- 90 Minutes

6) Planning Details:

Does your session have any special requirements for space or materials?

My hope is that the tables could be ROUND to facilitate discussion or the ability to make a circle format. This enables and encourages people to share ideas and participate in the discussion. Interaction will likely increase if participants can sit at round tables or in a circle.

7) Learning Objectives or Goals for the Session:

1. Realize the value of teaching mindfulness in leadership and organizational behavior courses.
2. Understand the concept of mindfulness in order to teach it.
3. Leave with several ways to help students learn how to be mindful.

8) Management or Teaching Topics:

Describe what management and/or teaching topics are relevant to your session, and why. Please include theoretical, disciplinary, or theoretical foundations that will help reviewers understand how your ideas fit within the broader field of management.

Mindfulness is an important topic to integrate into leadership and OB courses. This topic is relevant because it is a practice that helps people address stress in order to be resilient and have a sense of renewal.

Research indicates that multi-tasking is not an effective way to be productive, yet most of us engage in it. Being mindful emphasizes being in the *present*—learning the art of “presencing” as stated by Peter Senge. When we are present, we are usually more grateful for what is happening around us. Mindfulness encourages leaders to clear obstacles—not be the obstacle. Leaders are more likely to realize their role is to help others reach their potential rather than be the focus and center of attention.

When people are mindful, they are more aware of the power of the ego that can cause the ego to dominate and create a toxic environment. As Peter Frost emphasizes in his books on toxic environments, leaders need to be conscious of how their behaviors, decisions, and attitudes affect others in the workplace. Since leaders set the tone and are responsible for the culture being created, being mindful of the tone being set and the culture being created is critical in order to build healthy work environments

9) Session Description and Plan:

As a round table discussion, my role will be to layout the framework for the session by providing the background research into why this topic is important. But my most important role will be to facilitate the discussion of creating a mindful learning community. The goal will be to encourage people to share ideas of how educators can help students learn the value of mindfulness for leaders and how to be a mindful leader. I will share how I integrate these concepts into my leadership and OB courses, but my focus will be on encouraging participants to share their techniques. My plan is that we all leave with specific exercises, activities, and readings to incorporate into our courses.

Introduction and framework	10 minutes
Facilitated Discussion	40
Summary and closure	10

10) For Activities and Exercises: This is a round table proposal.

11) Implications for Teaching or for Teachers:

What is the contribution of your session?

Since mindfulness in the workplace is being emphasized by some of the leading companies, it is our role as teachers to prepare students to be mindful while in courses. Participants will leave the session with an understanding of why it is important to create a mindful learning community and specific techniques on how to do so. This session is current and practical. Based on my experience integrating this concept into both undergraduate and graduate courses, the feedback from students has been extremely positive and evaluated as valuable—even life changing.

12) Application to Conference theme:

How does your session fit with the overall OBTC theme of Learning in Community?

The focus of the round table will be on sharing the techniques, exercises, activities, and readings to teach/help students learn the value of mindfulness. When people talk the same language and have a common understanding of a topic, a learning community is created.

13) Unique Contribution to OBTC:

Have you presented the work in this proposal before? If so, how will it be different? Is this proposal under current review somewhere else? If so, please explain. How will your proposal be different for the OBTC conference?

The framework for this session emerges out of research that was published in my book. But I have not presented a session at OBTC or elsewhere focused on mindful leadership. My goal is to share what I have learned while encouraging others to share their ideas. Then participants will leave with many ideas to incorporate into courses and workshops.

14) References

Boyatzis, R. and McKee, A. (2005). *Resonant leadership: Renewing ourself and connecting with others through mindfulness, hope, and compassion*. Boston: Harvard Business School Press.

Carroll, M. (2007). *The mindful leader: Awakening your natural management skills*

through mindfulness meditation. Boston: Trumpeter.

Carroll, M. (2004) *Awake at work: 35 practical Buddhist principles for discovering clarity and balance in the midst of work's chaos.* Boston: Shambhala Publications, Inc.

Carroll, M. (2012). *Fearless at work: Timeless teachings for awakening confidence, resilience, and creativity in the face of life's demands.* Boston: Shambhala Publications, Inc.

Frost, P. J. (2003). *Toxic emotions at work: How compassionate managers handle pain and conflict.* Boston: Harvard Business School Press.

Frost, P. J. (2007). *Toxic emotions at work: And what you can do about them.* Harvard Business School Press.

Kabat-Zinn, J. (2000). *Wherever you go, there you are.* New York: Hyperion.

Marturano, J. (2014). *Finding the space to lead: A practical guide to mindful leadership.* New York: Bloomsbury Press.