



## **OBTC 2016 at Walsh University June 8<sup>th</sup> – 11<sup>th</sup>, 2016**

### **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 2016 OBTC Teaching Conference for Management Educators

### 1) Title, Abstract & Keywords

Meditation and Mindfulness in Management and Organizational Behavior

*In your abstract, please include a brief session description (not to exceed 100 words), and three to four keywords. If your proposal is accepted, this description will be printed in the conference program.*

Increased mindfulness through meditation remains a popular topic. This session will present three meditation exercises that can increase mindfulness. Participants will have the opportunity after each exercise to share their thoughts through the experience. The facilitator will share his experiences utilizing these exercises in undergraduate management and organizational behavior classes and the ways in which students have responded to them.

Keywords: meditation, mindfulness, emotional intelligence, self-awareness

### 2) Format

- ☒ Activity or exercise
- ☐ Roundtable discussion (60 minute only)
- ☐ General discussion session

#### 2a) For activities and exercises only, is yours best suited for

- ☐ A traditional classroom
- ☐ An online class
- ☒ Either (but better for a traditional classroom)

#### 2b) For activities and exercises only, is yours best suited for

- ☐ Undergraduate students
- ☐ Graduate students
- ☒ Either

### 3) Time Requested:

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

### 4) Planning Details:

*Each room contains a white board with markers, computer (PC) with DVD capability and computer projector. Does your session require any other equipment?*

No other special materials are necessary.

### 5) Teaching Implications:

*What is the contribution of your session to management pedagogy/andragogy? Specifically, please include your learning objectives, and describe what management and/or teaching topics are relevant to your session, and why. Also, include theoretical, disciplinary, or theoretical foundations that will help reviewers understand how your ideas fit within the broader field of management.*

Since Goleman (1995) published *Emotional Intelligence*, meditation and mindfulness have grown in popularity in business practice. Well-known executives such as Arianna Huffington and Chade-Meng Tan have both authored books (Huffington (2015) and Tan (2012)) on mindfulness and how it can benefit people in the workplace. While academic research in this area is only starting to develop, the widespread celebration of its practice cannot be disputed. However, sending students through a business curriculum without ever discussing mindfulness and ways to enhance mindfulness through meditation seems misaligned with the current celebration of mindfulness in the workplace. This session aims to:

- equip participants with 3 meditations that can guide them towards deeper levels of mindfulness in their own lives
- engage participants in a discussion on integrating meditations into organizational behavior and management classrooms
- encourage participants to bring meditations to their students to increase their mindfulness and self-awareness

## 6) Session Description and Plan:

*What will you actually do in this session? If appropriate, please include a timeline estimating the activities will you facilitate: how long will they take, and how will participants be involved? Please remember that reviewers will be evaluating how well the time request matches the activities you'd like to do, and the extent you can reasonably accomplish the session's goals. Reviewers will also be looking for how you are engaging the participants in the session.*

In this session (ideally 90 minutes long), I will guide participants through 3 separate meditations. Each of these 3 meditations takes approximately 5-8 minutes. Participants will meditate in silence (possibly with dimmed lights) and following the facilitator's instructions. After the meditation is complete, there will be approximately 10-15 minutes for the participants to reflect on the meditation experience both individually and as a group. At the end of the final reflection, all participants will engage in a discussion about the value and practicality of integrating meditations such as these into an organizational behavior or management course (approximately 15-20 minutes).

Activity	Suggested length
Meditation 1	8 minutes
Reflection on Meditation 1	15 minutes
Meditation 2	8 minutes
Reflection on Meditation 2	15 minutes
Meditation 3	8 minutes
Reflection on Meditation 3	15 minutes
General Discussion	20 minutes
	<b>90 minutes total</b>

## 7) Application to Conference theme:

How does your session fit with the overall OBTC theme of *United in Service*?

Often in meditations, participants are invited to dedicate their meditation to a specific individual. Part of mindfulness and meditation is also the cultivation of kindness and empathy. These practices fundamentally take the focus off of the self and direct it towards others. Thus, when meditating, there is an ever-growing consciousness around others. In this way, a meditation practice unites people in their thoughts and intentions.

A well developed meditation practice can be a cornerstone of healthy self-care. When one is healthy (emotionally, mentally, physically, spiritually) one is in a better position to take care of and serve others as well. Thus, meditation and mindfulness can position those engaged in these practices to serve others more effectively.

## 8) 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?*

This work has not been previously presented (at OBTC or any other conference) nor is it currently under review. To my knowledge, this is an activity unique for OBTC 2016.

## References

Goleman, D. (1995). *Emotional Intelligence*. Michigan: Bantam Books.

Huffington, A (2015). *Thrive*. New York: Harmony Books.

Tan, C.M. (2012) *Search Inside Yourself*. New York: Harper Collins