



Teaching Conference for
Management Educators

**OBTC 2017 at Providence College
June 14th – 17th, 2017**

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 2017 OBTC Teaching Conference for Management Educators

1) Title, Abstract & Keywords

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.

Being Happy: Happiness Through Mindfulness and Self-Awareness (Part 2)*

Are you happy? Would you like to be happier? Research suggests that we can increase our happiness quotients through mindfulness and self-awareness. Increasing mindfulness and self-awareness remain popular topics in both management and management education. More recent research links these practices to increased happiness. This session will demonstrate three mindfulness exercises that the facilitator uses in undergraduate management and organizational behavior classes. The facilitator will also share the ways in which students have responded to them. Participants will have the opportunity after each exercise to reflect on the experience of participating in the exercise as well as share their thoughts.

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

2) 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*, focus on emotional intelligence 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. More recent work in this area has included research on happiness (Achor, 2010, 2013; Gielan, 2015) and how increased mindfulness and self-awareness can be precursors to increased happiness.

Academic research in this area is relatively new, however the widespread celebration of its practice cannot be disputed. Increasingly, workplaces incorporate mindfulness and other holistic practices to increase worker productivity. Business management students would be well to develop a basic mindfulness practice. Sending students through a business curriculum without ever discussing mindfulness seems misaligned with the current celebration of mindfulness in the workplace. This session aims to:

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

3) 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 mindfulness exercises (Examining the Losada Line, Falling Up, and Gratitude Scans). Each of these 3 exercises takes approximately 5-8 minutes. Participants will work through the exercises independently following the facilitator's instructions. After the exercise is complete, there will be approximately 10-15 minutes for the participants to reflect on the experience both individually and as a group. At the end of the final reflection, all participants will engage in a discussion (approximately 15-20 minutes) about the value and practicality of integrating mindfulness exercises such as these into an organizational behavior or management course.

Activity	Suggested length
Exercise 1 (The Losada Line)	8 minutes
Reflection/Discussion on Exercise 1	15 minutes
Exercise 2 (Falling Up)	8 minutes
Reflection/Discussion on Exercise 2	15 minutes
Exercise 3 (Gratitude Scans)	8 minutes
Reflection/Discussion on Exercise 3	15 minutes
General Discussion	20 minutes
	90 minutes total

4) Application to Conference theme:

How does your session fit with the overall OBTC theme of *Navigating the Changing Currents*?

Mindfulness can be an anchor that helps an individual weather change effectively. Where mindfulness leads to happiness, an individual can bring happiness to a wide variety of situations. Thus, through a practice of mindfulness, one is also engaging in 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 both a mindful individual and those they serve can navigate change more effectively

5) 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?

*I say Part 2 because I facilitated a session last year at Walsh around mindfulness and meditation. I am happy to say that the session was successful. This session is slightly different as it focuses on mindfulness and happiness. I hope that some participants might return to see what I have this year (content from last year to this year is totally different). However, participation in last year's workshop is not requisite for this one.

While I presented in a similar format to what I outline in this proposal, I have not facilitated these three mindfulness exercises (at OBTC or any other conference) nor is this work currently under review. To my knowledge, this is an activity unique for OBTC 2017.

References

- Achor, S. (2010). *The Happiness Advantage: The Seven Principles of Positive Psychology that Fuel Success and Performance at Work*. New York: Crown Publishing Group.
- Achor, S. (2013). *Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change*: New York: Crown Business.
- Gielan, M. (2015). *Broadcasting Happiness: The Science of Igniting and Sustaining Positive Change*. Dallas, TX: BenBella Books, Inc.
- 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