



Mindfulness for Leaders in Turbulent Times

Back by popular demand! 3 Live Zoom Video-Seminars

The global Coronavirus Pandemic is clearly causing enormous disruption to our professional and personal lives alike. Now, more than ever, leaders need to remain clearheaded, resilient, and compassionate to most effectively help their teams navigate the rapidly emerging new challenges, including the sudden forced shift to working from home. In these three live video-seminars, we will explore how we can employ simple Mindfulness principles and practices to strengthen our ability to lead during these uncertain times, and beyond.

How to Keep Your Head and Heart on Straight When it Feels Like Everything is Upended: Harnessing Mindfulness to Lead Calmly and Effectively in Crisis

Tuesday, June 2, 2020

10:00 – 11:00 AM Zoom Link:

<https://harvard.zoom.us/meeting/register/tJUufuGqrj4uGtVwNFIIIVY2z4rpz3tb2scRB>

- Managing your own stress, anxieties, energy, and overall mental state
- Deepening your resilience and constructive focus
- Leading yourself better so you can better lead others

Mindfully Leading Unexpectedly Virtual or Blended Teams: Principles and Practices for Maximizing Effectiveness and Wellbeing

Wednesday, June 3, 2020

10:00 – 11:00 AM Zoom Link:

<https://harvard.zoom.us/meeting/register/tJEtf-GuqDooHNaggGnOnBvV0jflYj0xgMdT>

- Leading remotely and mindfully, without time to prepare
- Techniques for helping teams stay connected, positive, and productive amid disruption
- Cultivating compassionate leadership

Mindful Communication Skills for Leaders in Challenging Times and Beyond

Thursday, June 4, 2020

10:00 – 11:00 AM Zoom Link:

<https://harvard.zoom.us/meeting/register/tJwqcOihqDwuHNaG1fUzz94w1rWd24RL-le7>

- Improving your leadership presence, whether in person or virtually
 - Recognizing and overcoming speaking and listening habits that can limit your effectiveness
 - Strengthening your capacity for disciplined and compassionate listening
 - Creating the space for open and honest conversations
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About the Seminar Facilitator

Jeff Goding is a seasoned leader, former CEO, and a long-time meditator, with years of intense training and experience in systems thinking and evidence-based mindfulness meditation techniques. He serves on the Board of Directors for the Cambridge Insight Meditation Center, the oldest and largest urban meditation center in the United States.

Who is Eligible to Participate?

All Harvard University benefits-eligible leaders - grade 56 and above.

Do I need to enroll in all three sessions?

No, you can register directly in Zoom for one, two, or all three - whatever your interest and schedule will allow.