

Mindfulness, August 19, 2015

Frank Parker

A Rising Tide,

For our session, we are going to dive into *mindfulness* and take a look at *being present* with a focus on *meditation*. I will be joined by Ron Redmon, a leadership coach with extensive experience working with previous LCDP classes, coaching NOAA leaders, and supporting SES Summit development and execution. And, as you may have gathered, Ron is passionate about mindfulness and I am thrilled he is available to share his insights and perspective with us!

Below I have listed some advance materials for your review and an agenda for our time together. Please read and/or watch at least two of the items in the PREP MATERIALS list ahead of our session. We look forward to seeing and hearing from all of you!

Mahalo, frank

PREP MATERIALS (Please read and/or watch at least 2):

- Article by Hooria Jazaieri: [Can Mindful Managers Make Happier Employees?](#)
- TED talk by [Andy Puddicombe: "All it takes is 10 mindful minutes"](#)
 - Also note his website, [Headspace](#).
- Article by Laura: [Boost Focus at Work with Mindfulness](#)
- Article by Laura: [Simple Mindfulness Meditation Exercise](#)
- Article on Pocket Mindfulness: [6 Mindfulness Exercises You Can Try Today](#)
- Article by Gabriela Taylor: [Meditation and Myers Briggs Personality Type](#)

AGENDA (times approximate):

Goal: Empower ART with a tool for quieting the mind.

Welcome and Introductions (10 min) – *Frank*

- Rapid fire around the room:
 - Name
 - Place of work
 - Favorite season and why using Haiku

Reflections on Prep Materials (10 min) – *All*

- What does the term “mindfulness” mean to you?
- What does it mean to you to “be present”?
- What barriers do you have for being present?
 - How do you address them? Has it worked? How do you know if it worked?

A Value Proposition (10 min) – *Ron*

- What is it to be present and why do I care?

An Exercise (15 min) – *All who are willing [facilitated by Ron, Frank]*

- A short guided meditation

Reflections and a Challenge (10 min) – *All [facilitated by Ron]*

- How was that for you?
- What did you experience?
- Are you willing to try it again?

Closing Thoughts and Thank-you (5 min) – *Frank*