
Mindfulness Based Leadership

— By Maria and Trent —

Hello

Maria



- Fourth year psychology major with a minor in education
- Board of 5 organizations
- Davis Personal Growth Club Secretary
- Avid food lover

Trent



- Fourth year history major with an education minor
 - Center for Leadership Learning Peer Leader
 - Davis Personal Growth Club Vice-President
 - Star Trek Club Treasurer
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Community Agreements

- Listen to understand and not to reply/debate
- Be mindful of intent, caring for impact
- Use “I” statements
- One Mic
- Treat others as they would want to be treated
- Shared^2
- E.L.M.O. (Enough, let’s move on)
- Bubbles! (Please explain or elaborate)



Introduce yourself!

- Name
- Pronouns
- Major
- Why are you here?

What is Mindfulness?

A Brief History of Mindfulness

- Originates back to the teachings of the Buddha (late 6th century B.C.E.)
 - Meaning: paying attention to present experience and nonjudgmental
- Entered the United States mainstream during the transcendentalist period by Henry David Thoreau
- In 1979, Jon Kabat-Zinn founded the Mindfulness Based Stress Reduction (MBSR) & sparked the modern mindfulness movement

Misconceptions about Mindfulness

- Mindfulness is passive
- Mindfulness can only be practiced with meditation
- Only religious people practice mindfulness
- It is limited to certain cultures
- To be mindful is to be ethically neutral

Note: Give credit where credit is due! Acknowledge where mindfulness has its roots from.



Application of Mindfulness

- Religion
- Mental Health
- Physical Health
- Relationships
- Ecosystems
- Academics
- Community
- Workplace

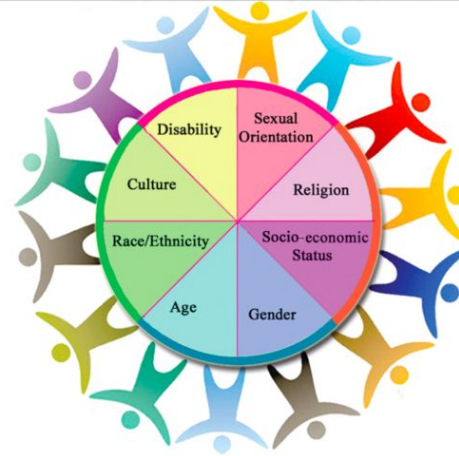


Me, Myself, and I

Big Eight Social Identifiers

1. Ability (Mental or Physical)
2. Age
3. Educational Background
4. Ethnicity
5. Gender
6. Race
7. Religion
8. Sexual Orientation

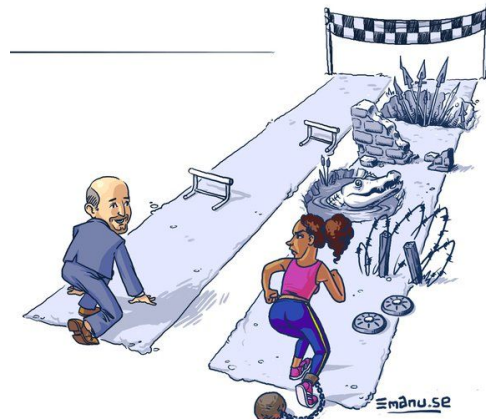
Are there more?



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AGGIES

Power Structures

- Privilege
- Allyship
- Ability
- Resilience



"What's the matter?
It's the same distance!"



Bystander to Ally

Agent		Bystander		Ally	
Active	Passive	Passive		Active	
(1) Actively joins in the negative behavior	(2) No response	(3) Educate oneself	(4) Interrupt the behavior	(5) Interrupt & educate	(6) Initiate an organized response

Karen Bradberry, PhD

How to be a mindful leader?

What does a mindful leader look like?

- Someone who is...
 - **C**onscious
 - **A**ware
 - **R**espectful
 - **I**ntentional
 - **N**urturing
 - **G**rounded



Ways to be a mindful leader

- Meditation
 - Take 5 minutes in your day to breathe, recollect, and think
- Perspective
 - Learn about the people around you
- Transparency
 - Being open with your approach
- Time
 - Being time conscious
- Reframe
 - Framing situation
- Being Present
 - Awake and attentive
- Tracking Behavior
 - Your mood, habits, and tendencies
- Accountability
 - Holding yourself accountable for the decisions you make
- Judgement
 - Giving open and honest feedback to yourself or receiving it from others

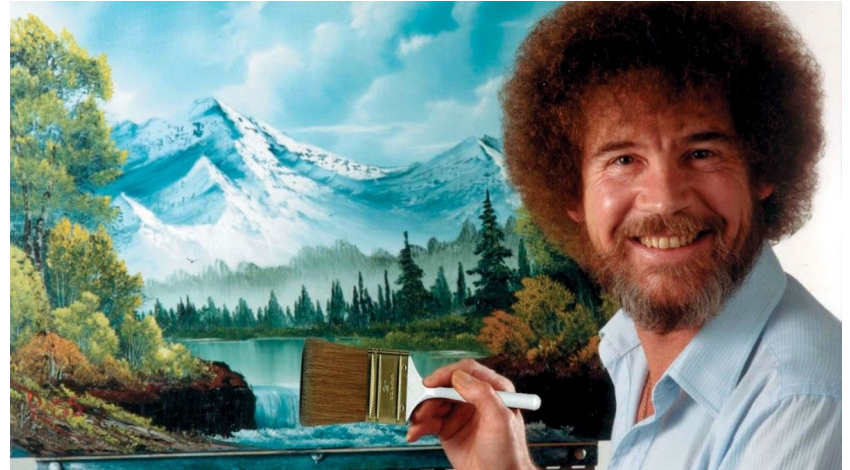
Why does it matter?



Art Time!

Instructions

1. Roll the dice to determine color
2. Roll again for side of the paper
3. Roll again for shape you have to paint
4. Paint!
5. Repeat 5-6 times

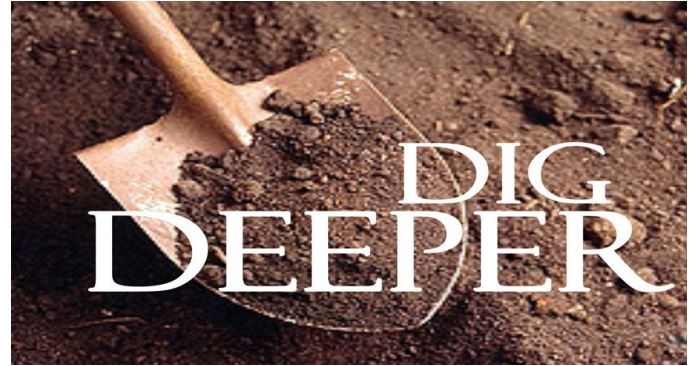


Reflection

- How did this activity make you feel?
 - How did it feel being restrained by guidelines?
- What does your piece say about you?

Let's dig deeper...

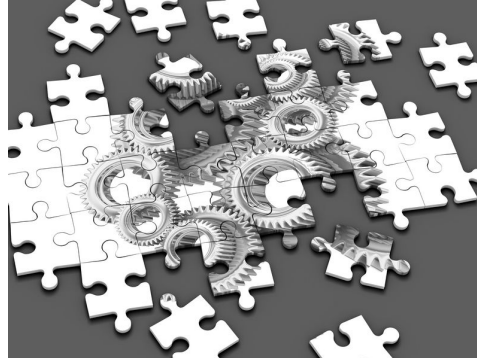
- What role did the instructions have?
- Did you allow yourself to be open and creative?
- What do you think was the purpose of this activity?



Bring your pieces together

Recap

- What is mindfulness?
- Who am I?
- What does it mean to be a mindful leader?
- Navigating my identity under institutional constrictions
- The bigger picture



Amplifying Your Leadership

Takeaways

- Everyone has an impact whether that is positive or negative
- Your identity matters and so does the person next to you
- Navigating spaces can be difficult and it does take time to learn
- Learn to give healthy feedback to yourself
- Be mindful and be a **CARING** leader



Questions?

Bye friends!

— Thank you all for coming! —
