



Mindfulness for Leadership Excellence

Thursday, May 3, 2018

6820 Deerpath Road, Elkridge, MD 21075

AGENDA

Faculty: Heather Stang, M.A.

- 8:00 am** **Registration and Continental Breakfast**
- 8:30 am** **Welcome**
 Alison Burrows
 Vice President
 Maryland Healthcare Education Institute
- Leadership Qualities: An Intention Setting Meditation**
- Case Studies**
- Mindfulness & Leadership Definitions, Myths, Research & Process**
- Break**
- Focus & Concentration: Impact on Leadership Skills, Research, Methodology & Practice**
- Mindfulness & Your Body: Impact on Leadership Skills, Research, Methodology & Practice**
- Mindful Eating and Walking Instructions for Lunch Practice**
- 12:30 pm** **Lunch With Self-Guided Practice**
- 1:30 pm** **Discussion, Question & Response**
- Mindfulness & Compassion for Self & Others: Impact on Leadership Skills, Research, Methodology & Practice**
- Break**
- How to Practice, Discussion, Question & Response**
- 3:30 pm** **Adjournment**