

# MINDFULNESS IN BUSINESS AND AT WORK: Who Is Doing It, How It's Done, What It Means For You!

For this series we have chosen to focus on the role of Mindfulness practice in the daily activity of work. This is a new and very exciting area of interest in today's business community. Our presenters will explore what's being done and will show you how to do it!

**3 Thursdays: April 25, May 2, and May 9 at 7pm**

**Cost: \$65/series** (Course ID X800); **\$25/Talk** (X801, X802, X803)

**Newton South High School — 140 Brandeis Rd., Newton Center**

## MINDFULNESS: AT WORK FOR YOU (Thursday April 25)

Whether you work in a retail or corporate setting or at home on your own, you are no doubt confronted by similar challenges: communication breakdowns, the inability to focus, reactivity, and multiple simultaneous demands on your time. More than 30 years of research has shown that Mindfulness can support us in facing these challenges. Come learn how three organizations: Harvard Pilgrim Health Care, Sun Life Financial, and Harvard University Health Services have implemented Mindfulness practice, how and why they did it, and how it has worked for them. Join us for our spring Mindfulness series where we'll discuss the impact and future of Mindfulness in the workplace.

**Tara Healey** is Director for Mindfulness-Based Learning at Harvard Pilgrim Health Care. She has practiced Mindfulness meditation and advocated for its proven health benefits for many years. She is the architect of Harvard Pilgrim's innovative program adapting the principles of Mindfulness meditation to a corporate environment. The comprehensive suite of Mindfulness courses developed at Harvard Pilgrim has been conducted at over 50 diverse companies, including hospitals, universities, financial services companies, law firms, and charitable organizations. More info: [www.harvardpilgrim.org/mindfulness](http://www.harvardpilgrim.org/mindfulness)

**Cara Lamakina**, RD, LDN, CSN, is a registered dietitian with an MS in Nutrition and Health Promotion. She has been the Wellness Manager at Sun Life Financial since 2001. She offered a yearlong series on Mindfulness through Harvard Pilgrim's *Mind The Moment* program, and received overwhelmingly positive feedback on the speakers and the series.

**Jeanne Mahon** is the Director of the Center for Wellness at Harvard University Health Services, which provides multiple wellness programs to both staff and students throughout the University. She has been instrumental in the development and delivery of mindfulness programs at Harvard including the offering of Harvard Pilgrim's *Mindfulness at Work*. More info: [www.cw.hubs.harvard.edu](http://www.cw.hubs.harvard.edu)



Tara Healey



Cara Lamakina



Jeanne Mahon  
Thurs, April 25  
X801-P13-1

## WORKING WITH MINDFULNESS (Thursday May 2)

Mirabai Bush will share her experiences of introducing Mindfulness practices into diverse business and nonprofit workplaces. She will also teach Mindfulness practices adapted for the workplace, including sitting practice to cultivate attention, insight, and a calm-centered presence, as well as compassion practice to increase self-awareness and awareness of others. Mirabai will share exercises she helped develop at Google for their company-wide program, *Search Inside Yourself*, including mindful emailing and mindful listening. This talk is appropriate whether you have never tried a mindfulness practice or have been practicing for years. More info: [www.contemplativemind.org](http://www.contemplativemind.org)

**Mirabai Bush** is Senior Fellow and the Founding Director of the Center for Contemplative Mind in Society, a nonprofit organization whose mission is to encourage contemplative awareness in American life in order to create a more just, compassionate, and reflective society. She has designed and led contemplative trainings for corporations from National Grid to Google, directed a Contemplative Practice Fellowship awards program with the American Council of Learned Societies, directed a study for the US Army on promoting resiliency and performance among army medical and chaplain caregivers through Mindfulness training, and developed programs for law students, law faculty, and attorneys. She is co-author, with Ram Dass, of *Compassion in Action: Setting Out on the Path of Service*, and was recently featured in the Sunday Business section of the New York Times.



Mirabai Bush  
Thurs, May 2  
X802-P13-1

## MINDFULNESS: THE KEY TO CREATIVITY AND LEADERSHIP IN BUSINESS (Thursday May 9)

Explore how Mindfulness practice can cultivate undistracted presence, overcome emotional reactivity, and provide a basis for working with fear and nervousness. It can enhance communication skills and openness to insight, resulting in genuine collaborative skills for better decision-making and job satisfaction in our fast-paced technological world.

**Patton Hyman** is Executive Director of Applied Mindfulness Training, Inc., an educational non-profit offering Mindfulness trainings for professionals. He has taught meditation for over 30 years and is a practicing attorney, specializing in business transactions and estate planning.



Patton Hyman  
Thurs, May 9  
X803-P13-1

**Limited Seating — Advance Ticket Purchase Recommended**

**For more information or to register, go to [www.newtoncommunityed.org](http://www.newtoncommunityed.org) or call 617.559.6999**