

The Mindful Leader

Bringing the wisdom of mindfulness to the workplace

Levin College of Urban Affairs

Thursday June 11

5:30 p.m. Booksigning

6:30 – 8:30 p.m. Program

Program Description

Covering topics presented in his book *The Mindful Leader* (Shambhala 2007), Michael Carroll will lead this 2 hour discussion providing participants' the opportunity to practice mindfulness meditation and discuss how such a practice cultivates us as leaders, not based on ambition, speed and power but based on the vision of the leader as wise, compassionate and skillful. During the program participants will:

- Learn how to practice mindfulness-awareness meditation
- Examine how mindfulness naturally cultivates leadership talents like confidence, openness and respect
- Learn how mindfulness is successfully being applied in Law, Education, Business and other fields
- Plan how to start a mindfulness practice at home and bring the discipline to the challenges in the workplace



Michael Carroll is the author of *Awake at Work* (Shambhala 2004) and *The Mindful Leader* (Shambhala 2007) and over his 26 year business career has held executive positions with such companies as Shearson Lehman/American Express, Simon & Schuster and The Walt Disney Company. Michael has an active consulting and coaching business with client firms such as Procter & Gamble, AstraZeneca, Starbucks, Google, Lutheran Medical Center, Gilbane, Inc. and others

Michael has been studying Tibetan Buddhism since 1976, graduated from Buddhist seminary in 1980 and is an authorized teacher in the Kagyu Nyingma lineage of Tibetan Buddhism. He has lectured at Wharton Business School, Columbia University, Swarthmore College, St. Mary's University, Kripalu, Cape Cod Institute, Zen Mountain Monastery, Omega Institute (assisting Pema Chodron) and many other practice centers throughout the US, Canada and Europe.

