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WORKSHOP FOURM | DAY 1

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Leading with mindfulness and compassion

Statement of the Problem: A recent survey on 1,000 leaders across 800 organizations has shown that while 91% of leaders believe compassion is important to their leadership, 80% do not know how to lead with compassion. Researchers have shown that mindfulness and compassion can be trained and when applied to interactions, they can improve wellbeing, resilience, and interactions with others. However, mindfulness and compassion have thus far largely been applied to personal wellbeing and stress reduction. Few tools have been developed that translate and apply these techniques to leadership.

Methodology & Theoretical

Orientation: Building on the curriculum I developed at Dalai Lama Fellows, which applies universal values championed by the Dalai Lama to leading social change, we've created a new secular training program

for seasoned leaders in the corporate and non-profit sectors. Thus far, leaders from organizations such as Macy's, Eileen Fisher, Celgene, and Pachamama Alliance amongst others have participated in these training. The training is 2-day intensive workshops followed by 5 weeks of practice and a concluding 1.5-hour webinar.

Conclusion & Significance:

Leaders demonstrated improvements in self-awareness, ability to regulate emotions, ability to extend caring and compassion to others, improvements in their ability to interact with others, and the ability to provide constructive feedback with compassion. Additional questions on how to apply compassion to top-down processes to influence culture are being explored.

Biography

Uvinie Lubecki is the Founder and CEO of Leading Through Connection, which trains leaders and supports organizations to build

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a culture of connection and compassion. Previously, she was the managing director for Dalai Lama Fellows, where she developed the curriculum for bringing mindfulness and compassion into leading social change. Before Dalai Lama Fellows, she leads strategy for Relay Health at McKesson, incubated businesses for Aetna, and worked as a management consultant for Deloitte Consulting. At LTC, she draws from her leadership experiences to craft practical and realistic mindfulness and compassion tools and practices for leaders. She holds an MPH from the Harvard School of Public Health and a BA in Neurobiology and Behavior from Cornell University. She's originally from Sri Lanka and was raised in New York, Nigeria, and Jordan.

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