What Face Do You See in the Mirror: Fostering Mindfulness and Leadership through Self-Identity
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What is mindfulness?

• Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.

• The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.
“Being mindful is not a substitute for actually participating in our lives and taking care of our own and others' needs. In fact, the more mindful we are, the more skillful we can be in compassionate action.”

*Psychology Today*
Steps to Mindfulness Meditation

A few minutes everyday...

MEDITATION 101

Here are 7 basic steps towards beginner meditation practice:

BREATHE NATURALLY,
GO SLOWLY, AND
BE PATIENT WITH
YOURSELF.

BEGIN BY SITTING
A seated position will allow you more comfort and stamina.

CLOSE YOUR EYES
Turn the focus away from the outside world, and begin looking within.

BREATHE NATURALLY
Simply let the air flow naturally and peacefully.

ALLOW THE MIND TO BE
Racing thoughts are normal, allow the thoughts to float by without attaching meaning to them.

CONSIDER MEDITATIVE AIDES
Items such as mala beads can help provide a rhythm to your breathing and mantras.

RELEASE PHYSICAL TENSION
Listen to the body’s signals and relax your muscle groups as needed.

HAVE PATIENCE
It is extremely rare to “get it” on the first try – give it some time.

www.BuddhaGroove.com
Time to Practice

Mindful Breathing
https://www.youtube.com/watch?v=SEfs5TJZ6Nk

Additional practice: Mindful Practices on Grounding
https://www.youtube.com/watch?v=5pnqeolrKJ0
Application to Leadership

WHY MINDFUL LEADERSHIP?

“Information overload and its close cousin, attention fragmentation, hit leaders particularly hard. Leaders badly need uninterrupted time to synthesize information from many different sources, reflect on its implications for the organisation, apply judgment and arrive at good decisions.”

McKinsey Quarterly, January 2010
Questions to Ask Yourself

• What is my motivation for leading?
• Am I in leadership because I enjoy power, control, and fame?
• Am I leading to serve or am I leading to be served?
• Am I willing to put the interests of the organization ahead of my own?
Traits to Focus On

Leading by Example
Appreciation and Recognition
Leading with Humility
Communicating with Compassion
Balanced Emotions
“Our world needs mindful leaders, people who embody leadership presence. We need leaders who not only understand themselves but who are not afraid to be open-hearted and who have the strength of character to make ethical choices. The problems we see all around us are not insurmountable, but they do require a new kind of leadership. As you continue to practice, and find more and more ways to actually be here for your life, you are also likely to encounter more and different ways to influence the lives of others, in your team, in your organization, in your families and in your community. One small step changes the dance, and one small change has the potential to create a better world. The choice is yours. Enjoy the journey.”
How to Become a Mindful Leader

A mindful leader embodies leadership presence by cultivating focus, clarity, creativity, and compassion in the service of others. Leadership presence is a tangible quality. It requires full and complete nonjudgmental attention in the present moment. Those around a mindful leader see and feel that presence.
Institute for Mindful Leadership

Mindful leaders are:

1. Calm under pressure.
2. Empathetic.
3. Very focused.
4. Kindhearted.
5. Deeply respectful in the way they connect and speak with others as they operate from a place of kindness, care and compassion.
DISC personality test lets you determine your DISC type and personality profile quickly. Find out how the DISC factors, Dominance, Influence, Steadiness and Compliance predict your behavior towards others and the everyday things you do.
The diagram illustrates the relationship between outgoing and reserved traits, categorized as task-oriented and people-oriented.

- **Outgoing**
  - Dominance
    - Results
    - Direct
    - Competitive
  - Influence
    - Enthusiasm
    - Friendly
    - Optimistic

- **Reserved**
  - Compliance
    - Accurate
    - Cautious
    - Contemplative
  - Steadiness
    - Sincerity
    - Patient
    - Modest

The diagram suggests a balance between outgoing and reserved behaviors, emphasizing both task-oriented and people-oriented traits.
The Myers Briggs Type Indicator® assessment, knowledge of personality type and how it is used to make people more effective are used by many organizations, large and small throughout the world. "Since type provides a framework for understanding individual differences, and provides a dynamic model of individual development, it has found wide application in the many functions that compose an organization," Gordon Lawrence and Charles Martin, Building People, Building Programs (CAPT 2001).
DISC and Myers-Briggs Assessments

Free DISC Assessment

https://www.123test.com/disc-personality-test/

Free Myers Briggs Assessment

http://www.humanmetrics.com/cgi-win/jtypes2.asp
Enjoy the sessions!

Feel free to contact Carolyn Stevenson at Cstevenson@purdueglobal.edu