Course Title: Mindfulness for Life and Leadership
Course Code: PDV 107
Instructor: Kathleen Sexton

Course Summary:

Outcomes participants will experience with this course:

- Learn a variety of mindfulness techniques geared at improving their leadership abilities.
- Explore how mindfulness applied to work may strengthen their leadership abilities by:
  - setting clearer goals and priorities and increasing their strategic thinking,
  - maintaining a sense of calm during conflict and listening better during crucial conversations,
  - managing their stress more effectively, and
  - increasing their emotional intelligence.
- Experience mindfulness and meditation practices in class and between sessions to explore the impact on their life.
- Use the Myers Briggs Type Indicator (MBTI) assessment as a specific tool to examine their reactions to stress, understand their leadership skills and style, and explore what types of mindfulness practices might be best suited to their personality type.
- Learn about insights and practices from noted mindfulness experts.
- Explore what happens when doing a daily practice of mindfulness.

Homework:

- Complete the MBTI assessment online between weeks 1 and 2.
- Try a daily mindfulness practice each week.

*Please see course page for full description and additional details.

Tentative Weekly Outline:

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<th>Class Week</th>
<th>Topics</th>
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| Week 1     | Course Overview  
|            | “What does good leadership look like?”  
|            | Discuss how mindfulness influences life and leadership  
|            | What’s your personal purpose for learning about mindfulness?  
|            | Pick your practice for the week  
|            | Experience a mindfulness practice and a hack |
| Week 2     | Neuroscience & mindfulness  
|            | Alphabet of the Heart (Dr James Doty)  
|            | Experience a mindfulness practice and a hack  
|            | Pick your practice for the week |
Grade Options and Requirements:

- No Grade Requested (NGR)
  - This is the default option for this course. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
  - Students must attend at least 80% of the class (4 out of the 5 of class sessions). Complete the MBTI assessment. Do a daily mindfulness practice to participate in group discussions. Complete a personal action plan at the end of the course.

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose the Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.