

Stanford | Continuing Studies

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.
- Participants will experience mindfulness and meditation practices in class and between sessions to explore the impact on their life.
- Participants will 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.
- Participants will learn about insights and practices from noted mindfulness experts.
- Explore what happens when doing a daily practice of mindfulness.

Homework:

- Participants will be asked to complete the MBTI assessment online between week's 1 and 2.
- Participants will be asked to try a daily mindfulness practice each week and post reflections on the course's Canvas site.

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

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)
 - Attend at least 4 out of the 6 of class sessions.
 - Complete the MBTI assessment by the deadline.
 - Respond to weekly Canvas prompts about their reflections on weekly mindfulness practices.
 - Provide a "mindfulness hack" by session 6.

***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.*

Please contact the Stanford Continuing Studies office with any questions
365 Lausen St., Stanford, CA 94305
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650-725-2650

Tentative Weekly Outline:

Class Week	Topics
Week 1	<ul style="list-style-type: none"> • Introduction to course (flow, requirements, scope). • Discuss models, links & impacts between mindfulness and leadership. • Mindfulness practice: Mindful Eating • Mindfulness and application to leadership: What are qualities of a successful leader. Are they related to mindfulness and if so how?
Week 2	<ul style="list-style-type: none"> • Discuss the neuroscience of mindfulness. • Alphabet of the Heart (Dr Doty) • Mindfulness practice: Self-compassion meditation • Mindfulness and application to leadership: Mindfulness as self-care - what might be the impact on your leadership?
Week 3	<ul style="list-style-type: none"> • Introduce MBTI. Discuss type, stress, and mindfulness. • Mindfulness practice: RAIN • Mindfulness and application to leadership: Examine how your type acts under stress. How does this influence your leadership style in stressful or uncertain times?
Week 4	<ul style="list-style-type: none"> • Linkages between Mindfulness, MBTI & Leadership Styles • Mindfulness practice: Breathing techniques • Mindfulness and application to leadership: What are your type's challenges and blind spots in leadership skills and style?
Week 5	<ul style="list-style-type: none"> • Linkages between Mindfulness and EI • Practice intuitive & mindful listening • Mindfulness practice: Loving kindness • Case study tying mindfulness and leadership: Applying leadership, EI and mindfulness.
Week 6	<ul style="list-style-type: none"> • Examine MBTI temperaments and mindfulness activities based on type. • Learn techniques for maintaining a mindfulness practice including an action plan. • Mindfulness practice: Body scan • Mindfulness and application to leadership: How can you bring mindfulness into your organization?

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